

Name : _____

Date: _____

EVERYDAY SPEECH

Taking a Break to Calm Down



It's important to realize what it feels like to be stressed, before you explode. You can stop and use a strategy before getting too upset. We all have different ways of calming down. Taking a break is one!

What was stressing Bobby out?

What happened when he didn't take a break?

How did taking a break help Bobby?

WHAT DOES IT FEEL LIKE WHEN YOU ARE STRESSED?

1.

2.

3.

WHAT ARE 3 THINGS YOU CAN DO BEFORE GETTING TOO STRESSED

1.

2.

3.