

Name : _____

Date: _____

EVERYDAY SPEECH



Losing Self Control

It's important to learn to recognize your feelings and use strategies to calm down before you lose self control.

Why was Jameson so upset?

How could you tell he was feeling stressed?

What did he do to keep self control?

HOW CAN YOU KEEP SELF CONTROL IN EACH SITUATION

You want to go to your friend's house but your parents want you to clean your room.

You have 3 tests all in the same day and you feel really worried about it.

Your friend just spilled soda all over your homework.