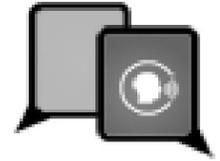


Name: _____ Date: _____

Everyday Speech



Social skills and feelings mixture.

Fill in the blank. What can I do to cope with these feelings and how should I communicate them. Or how can I communicate the right way when I'm nonverbal?

1. Isabel is feeling overwhelmed and angry. She throws things in the ground.. if you were Isabel what would you do? _____
2. Jess is upset she is feeling judged and very hyper, she becomes very nonverbal and she doesn't understand why she is feeling judged. What coping skills can Jess use to calm herself down so she can become verbal? _____
3. Someone is acting very weird and is yelling and screaming in the store. You feel bothered and annoyed. What can you do to distract yourself from the situation? _____
4. You're at school and a teacher raises their voice at you and you become angry what can you do to respond nicely and express your feelings to the teacher? _____
5. Issac is working on class work and he becomes very angry cause he doesn't understand how to solve the problem he feels like hurting himself and ripping up his paper. What can he do to calm himself down and get the help he needs? _____
6. What can you do when you're feeling angry?
7. Samantha is feeling very tired and hyper and she can't control it at the moment she is trying to think positive but it isn't helping. She becomes nonverbal out of her frustration and is having a hard time. How can someone help her? _____
8. You're very hyper and can't calm down what can you do instead?

9. Name your top ten coping skills _____
10. If you feel ignored what can you do to distract yourself until help comes?
