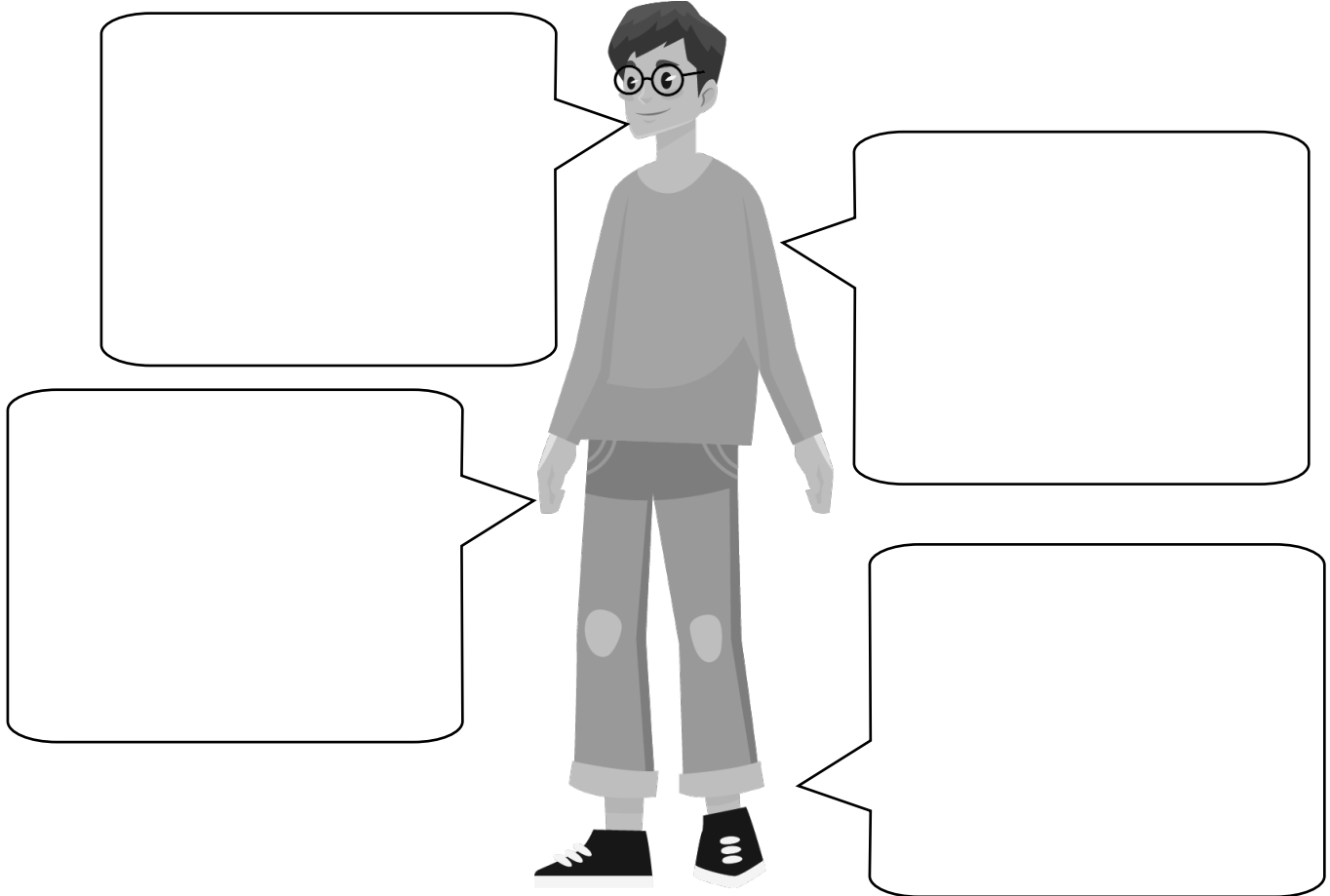


Keeping a Calm Body

Name: _____

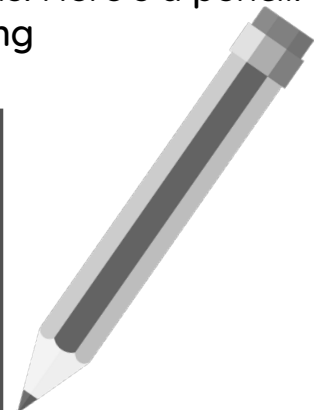
Date: _____

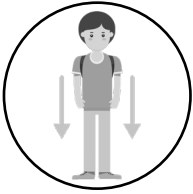
- 1 Name the ways these body parts can move when they are NOT calm. (You can use words like tap, rock, clap.)



- 2 We don't have to be ruining materials to be unsafe with them. Sometimes the problem is that we are being distracting with materials. Here's a pencil. Draw or write three ways we could be unsafe or distracting with a pencil.

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Keeping a Calm Body

3 To help you remember it, think of a tune to say with, “Quiet hands, quiet feet, quiet body, quiet mouth.” Share with the group.

4 Why does everyone need their own space?

5 Write or draw how you feel when someone near you is moving too much?

6 Circle the loudness level you like best for these tasks in class.

Reading	Silence	Whispering	Talking
Listening to the teacher	Silence	Whispering	Talking
Art project	Silence	Whispering	Talking