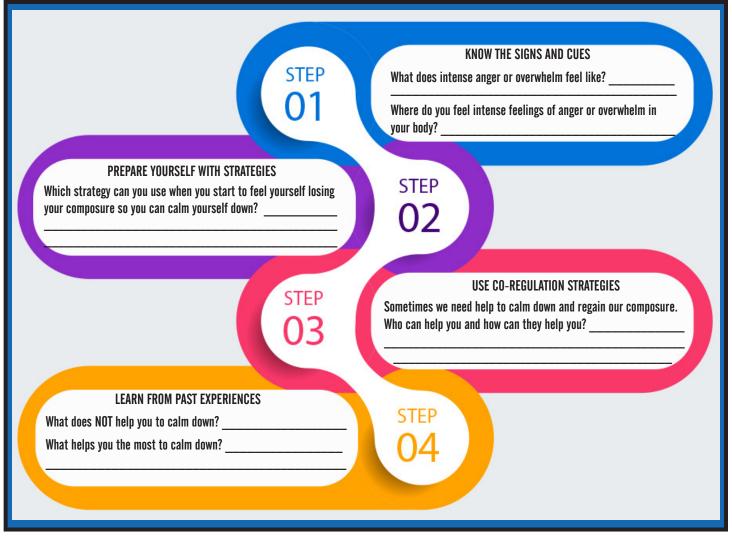
AGES 61/2-13 MAY 2020 **CHARACTER DEVELOPMENT**

Name:

The Powerful Word of the Month is "composure." Composure means: Keeping calm, steady and in control while under pressure. It's okay to have big, intense feelings. We don't want to bottle up those feelings or lash out on those we love because of those feelings. In order to help us keep our composure or return to a sense of calm when our feelings feel overwhelming, we can (1) Know the signs, (2) Prepare ourselves with strategies (3) Use co-regulation strategies and (4) Learn from past experiences. Fill in the boxes with your answers as they apply to you.



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