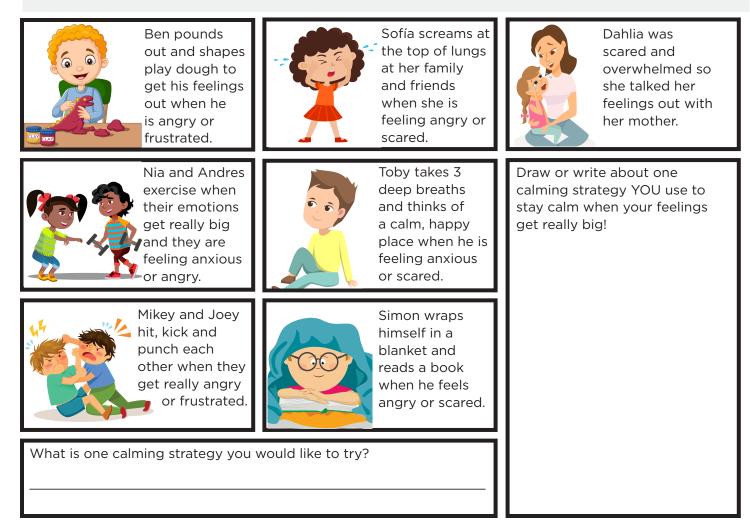
AGES 4 - 61/2 MAY 2020 CHARACTER DEVELOPMENT

Name:

The Powerful Word of the Month is "composure." Composure means; "Calm brain, calm body!" It's normal to have big feelings-- and they're all okay! It's important to make sure that even though we have big feelings, we stay calm under pressure. When we get really angry or let fear take over, we can do and say things that are hurtful to ourselves & others. It used to be that cave-people needed to use emotions to act quickly to run away or hide from tigers and lions. Since we don't need to do that today, it's best to USE OUR THINKER and CALM THE CAVEMAN inside our heads! **Below, circle all our friends who are using great tricks to keep calm when feelings get big. Cross out what does not help to keep our friends calm.**



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