

# KEEP CALM

# Anger Game



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## Session Objective:

\*Students will analyze given situations and solve the problem in a peaceful and calm way.

## Materials:

- \*Keep Calm Thermometer for each student (Laminated)
- \*Game Questions and Answers
- \*Dry erase markers and erasers.

## Guiding Questions:

- \*Why is it important to choose calm responses to problems?
- \*How can knowing how to respond calmly help you build relationships?

## ASCA Standards Alignment:

- \*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- \*Behavior: Self-Management: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)
- \*Behavior: Social skills: Demonstrate ethical decision-making and social responsibility. (B-SS 5)

## SEL Competencies:

- \*Self-awareness: identifying emotions, accurate self-perception.
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- \*Social-awareness: respect for others.
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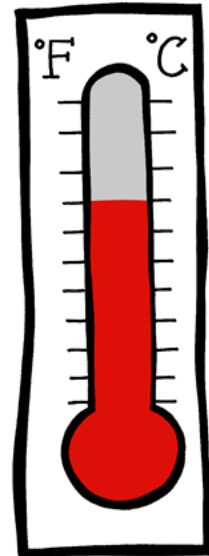
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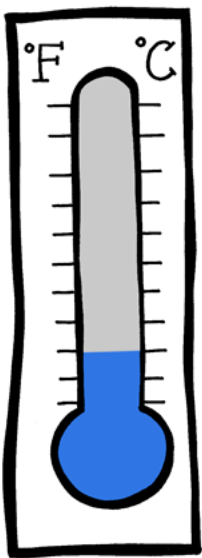
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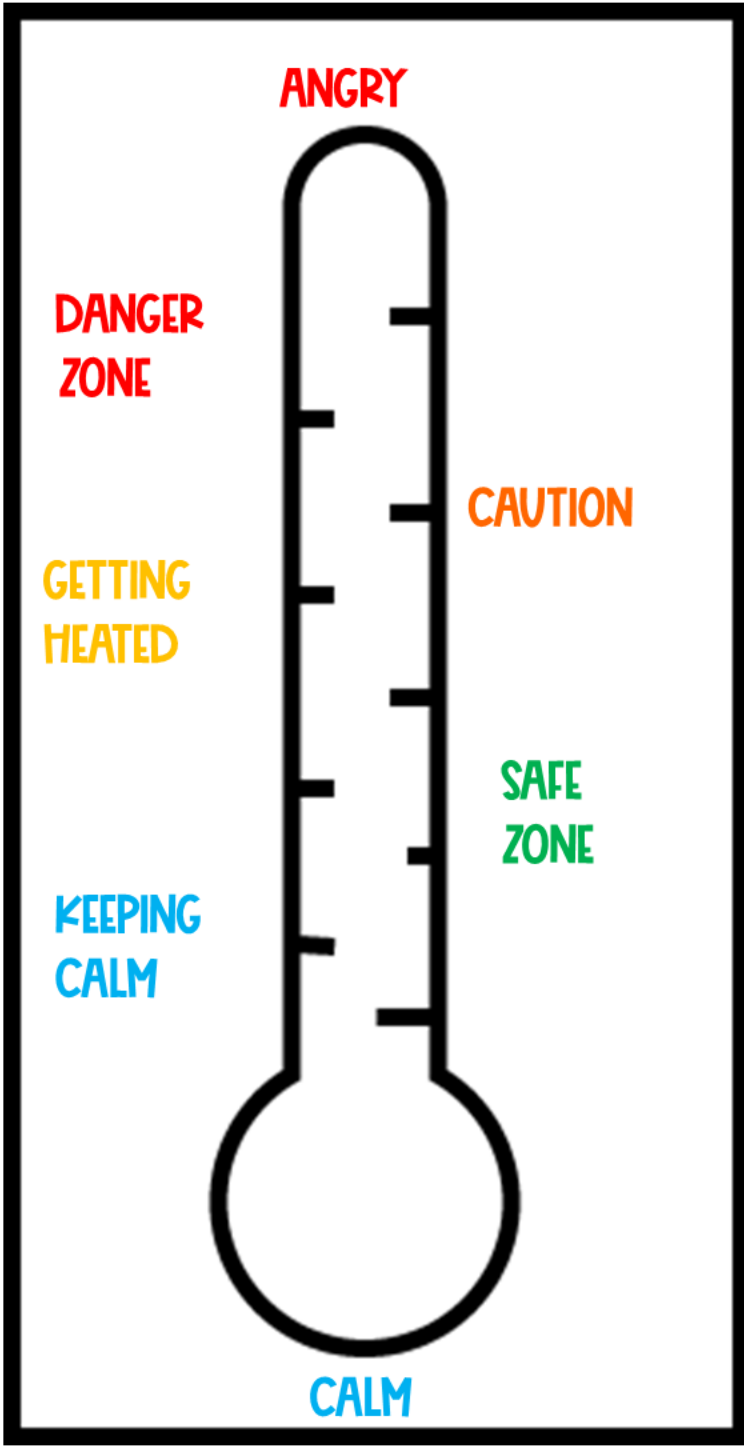
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The choices we make determine if  
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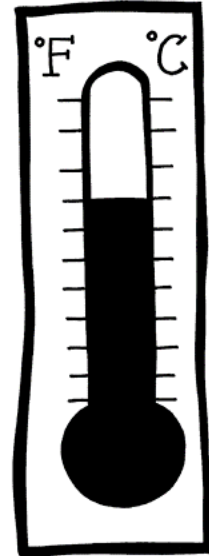
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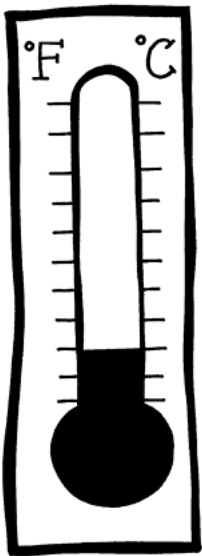
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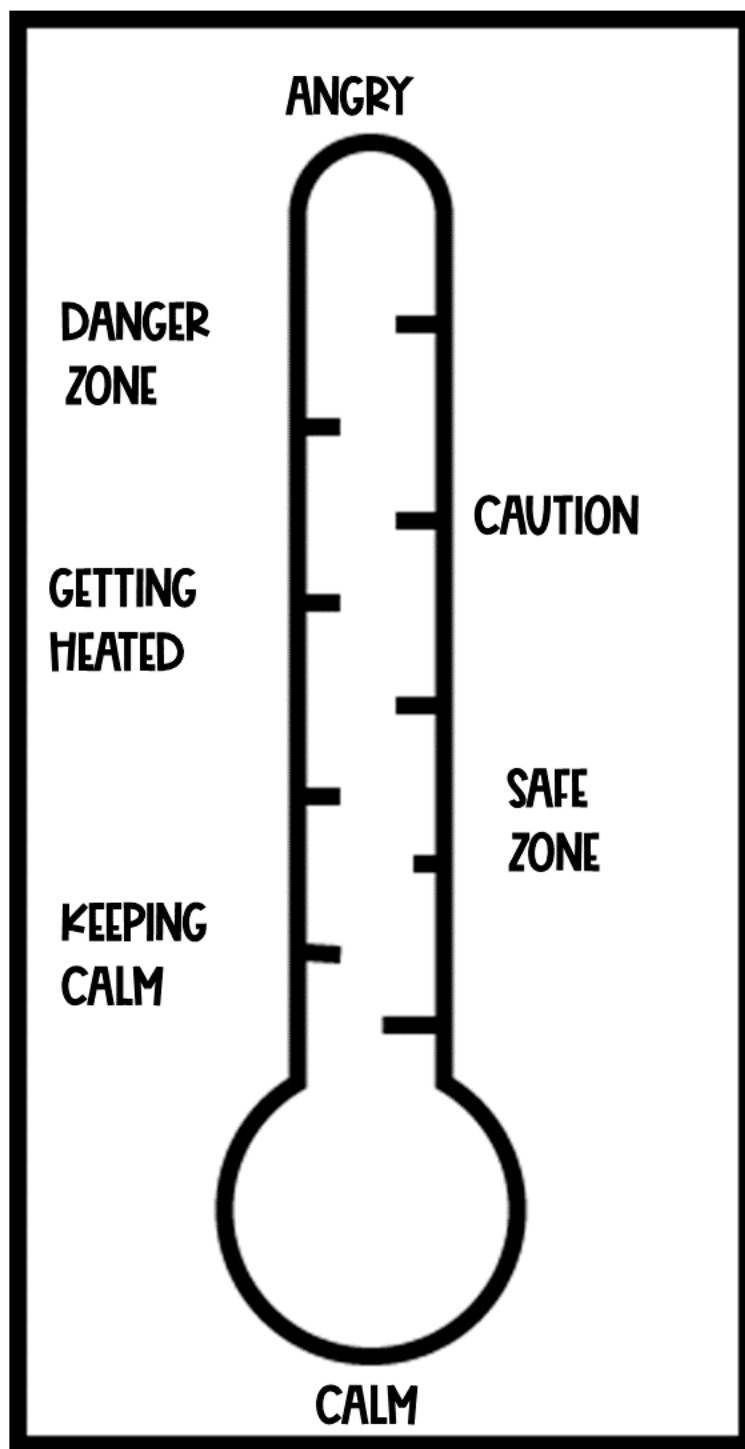
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- A) Call the winner a mean name. (Incorrect, color in 2 spaces)
- B) Demand a rematch (Incorrect, color in 1 space)
- C) Get a drink of water to cool down. (Correct, erase 1 space)
- D) Squeeze stress ball or soft item. (Correct, erase 1 space)

# GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Keep Calm Game](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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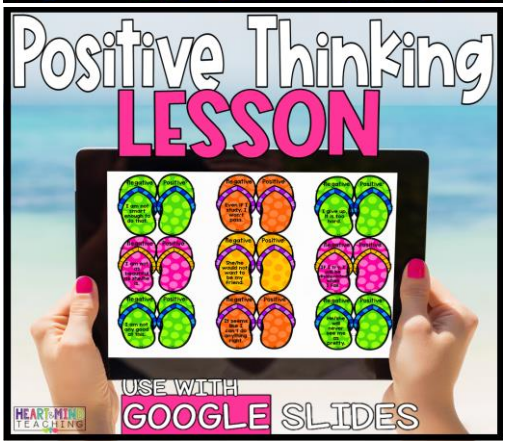
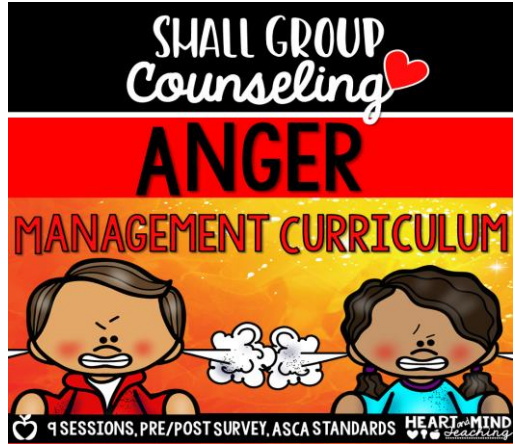
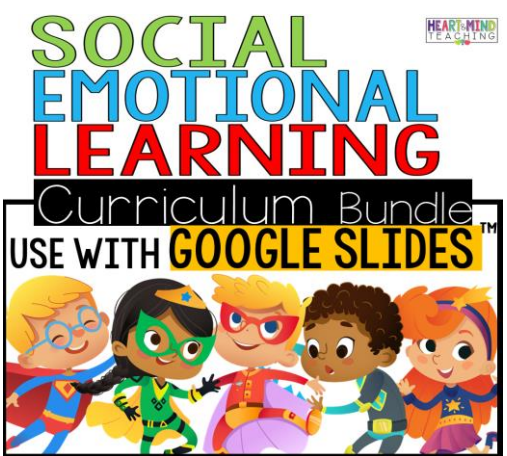
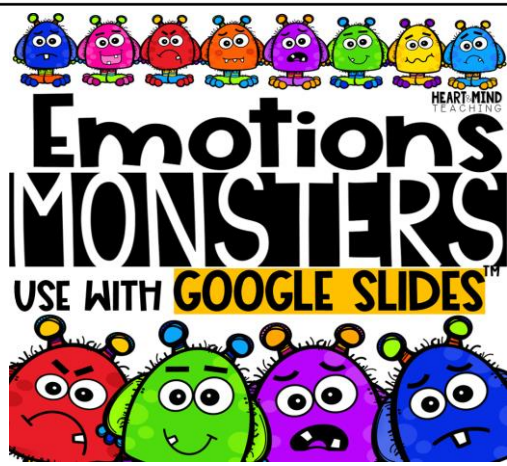
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C H E C K T H I S O U T

This resource and 8 others are included in this Curriculum



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