



# Finding Calm: My Upset to Happy Journey



Sometimes, I feel upset.



**My face frowns, and my shoulders feel tight.**



I know I can find calm.



I take a big, deep breath in.



Then I slowly breathe out.



**Breathing helps me feel better.**



I can ask for a break if I need one.



I say, "Can I have a break, please?"



**My teacher nods and smiles.**



**I go to the calming corner.**



It's quiet and cozy there.



I sit quietly and relax.



Soon, I feel calm and ready.



I return to my friends and play.



I feel proud when I ask for help.



Finding calm makes me happy!

# Vocabulary

⇒ ■ Vocabulary:

## 1. **Upset**

- Feeling sad, angry, or bothered

## 2. **Calm**

- Feeling peaceful and not upset

## 3. **Breathe**

- Taking air in and out through your nose or mouth

## 4. **Break**

- A short time to stop and rest

## 5. **Relax**

- To rest and feel less tense

## 6. **Corner**

- A small, quiet space in a room

## 7. **Proud**

- Feeling good about what you have done

## 8. **Happy**

- Feeling good inside and smiling

# Spellings

A: Upset

B: Upsat

A: Frown

B: Froun

A: Calm

B: Colm

A: Breathe

B: Brethe

A: Relax

B: Relaxe

A: Quiet

B: Quiat

A: Proud

B: Proude

A: Happy

B: Hapy

# Comprehension Questions

**1. What can you do when you feel upset?**

A: Yell and stomp

B: Take deep breaths

**2. How does breathing help when you're upset?**

A: It makes you feel more upset

B: It helps you feel better

**3. What can you ask for if you need time to calm down?**

A: A break

B: More noise

**4. Where can you go to feel calm at school?**

A: The noisy playground

B: The calming corner

**5. What does it mean to feel proud?**

A: Feeling happy about what you did

B: Feeling sad and upset

**6. Why is it good to ask for help when you need it?**

A: Because it makes you feel worse

B: Because it helps you find calm and feel happy

# Open-Ended Questions

1. How do you feel when you take a deep breath to calm down?
2. What are some other things you can do to help yourself feel better when you're upset?
3. How does it make you feel when someone lets you take a break?
4. Why do you think having a quiet place to relax is helpful?
5. How do you feel after you find calm and go back to playing with your friends?