



**One day, I was playing a game,
and I felt so excited because I
won! I wanted to shout out loud**



**Another time, I felt upset
because someone took my toy.
I wanted to shout, 'Give it back!'**



Sometimes, when I feel big emotions like excitement, anger, or frustration, I feel like shouting



Shouting might seem like the best way to show my feelings, but it can scare or upset others around me



When I feel like shouting, I can stop and take a deep breath instead



If I feel excited, I can smile big or clap my hands to show my happiness without shouting



If I feel upset or angry, I can count to 10 in my head to calm my body and my voice



When I need help, I can use my calm voice to ask for it. I can say, 'Can you help me, please?'



Sometimes, I can use my indoor voice to share how I feel, like saying, 'I'm excited,' or 'I'm upset'



If I still feel like shouting, I can step away and take a break in a quiet spot until I feel calm



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Using my calm voice helps others listen to me and understand how I feel



■

If I accidentally shout, I can say, 'I'm sorry for shouting,' and try again with my calm voice



When I use my calm voice, I feel proud because I'm showing respect and kindness to others



Sometimes, it's okay to shout, like when I'm outside playing a game or cheering at a sports event



**Now, when I feel like shouting,
I remember to stop, take a deep
breath, and use my calm voice
instead**



**Using my calm voice helps me
share my feelings, keeps
everyone happy, and makes
me feel good too!**



Vocabulary

- Shouting

A: Using a loud voice to express feelings

B: Using a quiet and calm voice

- Calm

A: Feeling loud and upset

B: Feeling peaceful and relaxed

- Excited

A: Feeling very happy or thrilled

B: Feeling bored

- Respect

A: Ignoring others' feelings

B: Treating others kindly and letting them speak or feel safe

- Break

A: Taking time to relax and feel calm

B: Getting upset and shouting more



Spellings

A: Exicted

B: Excited

A: Shaout

B: Shout

A: Emotion

B: Imotion

A: Angar

B: Anger

A: Scaer

B: Scare

A: Voice

B: Woice

A: Understand

B: Undarstand

A: Sory

B: Sorry



Comprehension

- What should you do when you feel like shouting?
A: Shout louder to get attention
B: Take a deep breath and use your calm voice

- Why is shouting not always a good idea?
A: It can scare or upset others
B: It makes everyone happy

- What can you do instead of shouting when you're excited?
A: Yell loudly indoors
B: Smile, clap, or say, 'I'm excited'

- What should you do if you accidentally shout?
A: Keep shouting until someone listens
B: Say, 'I'm sorry for shouting,' and use a calm voice

- When is it okay to shout?
A: When you're outside playing or cheering for a team
B: When you're indoors with friends



Open-Ended Questions

- What makes you feel like shouting sometimes?

- How do you feel when someone shouts near you?

- What can you do to calm down when you feel like shouting?

- Who can you talk to if you need help using your calm voice?



Creative Activity

- **Make a Calm Voice Chart**

Help the child draw or write different ways to use their calm voice, like asking for help, saying 'I'm excited,' or counting to 10

- **Draw an "Indoor Voice vs. Outdoor Voice" Picture**

Ask the child to draw two pictures—one showing calm talking indoors and one showing fun shouting outdoors



Role-Play Activity

- **Scenario 1**

Pretend the child is excited to share news at school. Practice raising their hand and saying, "I'm excited!" with a calm voice

- **Scenario 2**

Act out a situation where the child feels frustrated because they lost a game. Practice taking a deep breath and saying, "I'm upset," instead of shouting

- **Scenario 3**

Pretend the child accidentally shouts while playing indoors. Practice apologizing and switching to a calm voice