


Calm Captain



What is Self-Management?

It means calming yourself down, making good choices, and staying focused—even when it’s hard.

Self-Management
2nd-3rd grade

 Draw arrows to match each feeling word with the body clue:

Feeling

Angry

Nervous

Excited

Sad

Body Clues


Tears in my eyes

Fast heartbeat

Tight muscles

Butterflies in my stomach

My Feelings Weather Map

 Draw the weather that matches each feeling:

Happy

Frustrated

Calm

Worried


Write one thing that creates this "weather" for you (example: Not knowing how to do something):

Happy weather happens when:

Frustrated weather happens when:

Calm weather happens when:

Worried weather happens when:


 Check the tools you already use, and circle ones you want to try:

- ☐ **Walking away to calm down**
- ☐ **Stretching my body**
- ☐ **Looking at a book**
- ☐ **Drawing my feelings**
- ☐ **Squeezing a stress ball**
- ☐ **Positive self-talk**
- ☐ **Talking to an adult**
- ☐ **Deep breathing**
- ☐ **Counting to 10**

My favorite calm-down tool is:

I use it when:

When the Seas Get Rough

 Read each scenario and write what a Calm Captain would do:

Someone cuts in front of you in line.

You can't figure out a math problem and feel frustrated.

You're excited about a field trip but need to wait three more days.

 Write your thoughts after reflecting on each section:

One time I was a good Calm Captain was when:

Next time I have big feelings, I will try to:

Teamwork on the High Seas

Crew Communication

Circle the statements that show good communication:

"I feel angry when you take my pencil without asking."

"You ALWAYS mess everything up!"

"Can I please have a turn when you're done?"

"I don't want to play with you ever again!"

"I'm feeling frustrated. I need some space right now."

"That's MINE! Give it back!"

Helping Others Stay Calm

How can you help a friend who is feeling upset?

Write or draw two ways to help: