

Calm Captain



What is Self-Management?

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

Self-Management
K-1st grade



Color the waves to show how each feeling looks:



Happy Waves



Angry Waves



Sad Waves



Scared Waves



Draw a line to match what you can do when you have big feelings:



Big angry feelings



Big sad feelings



Big excited feelings



Big worried feelings

Calm Captain Tools

☐ Circle the tools that help you calm down:



Talking to an Adult



Counting to 5



Running Around



Deep Breathing



Yelling



Squeezing a Stress Ball



Talking to a Friend



Quiet Corner



Color the pictures that show children being Calm Captains:





Cut out your own Calm Captain Badge!



Front



Back

I am a calm captain when I:

Take deep breaths

Use my words

Ask for help

Take a break

Count to 5