



### Keys skills

I can make choices that help me play and work well with others.

I can use some strategies when I feel upset or angry.

I can ask for help from a trusted adult.

I can name some ways I can look after my environment.

I can make choices with money.

#### KEY VOCABULARY

share listen

calm erupt

control

ask for help

unsettled home

school

feelings

### Questions to think about ...

#### Cooperation and Self Regulation

What can help you to feel calm and settled? Can you help other people to feel calm and settled in class? How? Why is it important to feel calm and settled?

