SEL · CONFLICT RESOLUTION · GRADES 2–4

Calm Body or Tense Body?

Sort twelve body clues, like tight fists and slow breaths, into calm body and tense body, to know when you are ready to talk it out.



Name: _____ **Date:** _____

Before you talk out a conflict, check your body. A **tense body** means you may need to cool down first. A **calm body** is ready to listen and solve the problem.

Word bank

relaxed shoulders · arms crossed · tight fists · soft voice · eye rolling · nodding · yelling · open hands · stomping · slow breaths · pointing a finger · looking at the person

Write each body clue in the right box.

Calm body	Tense body

One way I can calm my body before I talk:

_____

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ANSWER KEY · CONFLICT RESOLUTION · GRADES 2–4

Answer Key: Calm Body or Tense Body?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Before you talk out a conflict, check your body. A **tense body** means you may need to cool down first. A **calm body** is ready to listen and solve the problem.

Word bank

relaxed shoulders · arms crossed · tight fists · soft voice · eye rolling · nodding · yelling · open hands · stomping · slow breaths · pointing a finger · looking at the person

Write each body clue in the right box.

Calm body	Tense body
relaxed shoulders	arms crossed
soft voice	tight fists
nodding	eye rolling
open hands	yelling
slow breaths	stomping
looking at the person	pointing a finger

One way I can calm my body before I talk:

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