

I Can Stay Calm



MySELF Series
Little Book
For Preview Only

by Claire Daniel • illustrated by Julia Patton

I picked up my string. There wasn't one bead left.



"Look what you made me do, Maddie," I cried. "Now everything is ruined!"



“I can see you’re really upset,” said Miss Jan.



“Take a nice deep breath. Then we’ll help you pick up the beads.”



After we picked up the beads, my hands were still shaky. It was hard to get the beads onto the string.



“Let’s take a break and read a story,” suggested Miss Jan.





I Can Stay Calm

Anya becomes frustrated while working on a project. Can she calm down enough to complete it?



Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

I Am in Control of Myself

This set addresses self-control and responding to situations in ways that can yield positive outcomes.



Look for the other sets in this series.

I Get Along with Others



I Have Feelings



I Believe in Myself

