

# Managing Emotions

## Reading Passages for SEL

NAME : \_\_\_\_\_

### I can read.

Read the story. Then, fill in the blanks using words from the story.



### Sam is Angry

Sam's friend took his ball. Sam felt angry. His face turned red. He stomped his feet. Then, Sam remembered to count to ten. "One, two, three..." he counted slowly. By ten, Sam felt a little less angry. He could talk to his friend now.

angry

count

less

1. Sam felt \_\_\_\_\_ when his friend took his ball.

2. Sam decided to \_\_\_\_\_ to ten to calm down.

3. After counting, Sam felt \_\_\_\_\_ angry.

## Grades 1-2



# Managing Your Reading

**Brendan G. Carr**



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