

Sentence Starters — Say It Instead of Show It

Students practise these out loud while calm, then use them for real.

SAY IT WITH WORDS

**“I don’t like it when
—”**

When somebody keeps doing something

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

**“I’m angry because
—”**

When you want them to know why

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“Please stop —”

When you need it to stop now

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“I need a break.”

When you have to leave the room

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

**“Can you help me
with —”**

When the work is the problem

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

**“That’s not fair
because —”**

When you want to explain, calmly

CALM VOICE • SAY IT ONCE

Social Skills Program • Anger Management Unit • Week 4 • 10 cards



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Students practise these out loud while calm, then use them for real.

SAY IT WITH WORDS

“I was using that.”

When somebody took your things

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“It’s too loud for me.”

When the room is the problem

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“Can I have a turn?”

When you were skipped

CALM VOICE • SAY IT ONCE

SAY IT WITH WORDS

“I need a minute.”

When you are not ready to talk yet

CALM VOICE • SAY IT ONCE

