

Calm Classroom Activities

High School Kit • Grades 9 to 12

Quiet activities for restless days.

Twenty quiet games and four review activities for high school: early finishers, testing weeks, sub days, and the moments a room needs to settle.

PREVIEW

24 QUIET ACTIVITIES

43 PAGES

Solo puzzles and calm-downs

- Word Searches
- Sudoku
- Secret Codes
- Word Ladders
- Letter Mix
- Logic Grids
- Mazes
- Categories
- Zen Patterns
- Calm-Down Sheets

Quiet review activities

- Reading Detective
- Math Word Problems and Number Puzzles
- Science Detective and Engineering on Paper
- Quiet Writing

Whisper partner games

Battleship, Dots and Boxes, Connect Four on Paper, Sprouts, Guess the Word, 20 Questions

Whole-class calm games

The Sixty-Second Challenge, Who Wrote It?, Silent Opinion Line, Paper Charades

How to use it

Set the quiet routine once: pencils only, whisper voices for partner games, hands up for help. Then print any page and hand it out. Every puzzle is self-checking against the five answer-key pages at the back, so the kit runs itself while you work with a small group. A sub can run any page cold.

What this preview shows: the teacher notes and one page of each kind, watermarked. The full kit has 43 pages: three word searches, three sudoku, four secret codes, four word ladders, two letter mixes, two logic grids, two mazes, two categories, two zen patterns, two calm-down sheets, two reading mysteries, math word problems and number puzzles, science detective and engineering on paper, two writing pages, six partner games, the whole-class cards, and five answer-key pages. Color and ink-saver B&W, US Letter and A4.



Calm Classroom Games

High School Kit

Grades 9 to 12 · 20 games + 4 quiet review activities · Teacher notes · Print and go, no screen needed



Twenty low-noise games and four quiet review activities for the moments a high school room needs to settle: early finishers, testing weeks, the last ten minutes, sub days, and the times a student needs a quiet reset. Every page stands alone. Print the one you need and hand it out.

Solo puzzles and calm-downs

- Word Searches solo
- Sudoku solo
- Secret Codes solo
- Word Ladders solo
- Letter Mix solo
- Logic Grids solo
- Mazes solo
- Categories solo
- Zen Patterns solo
- Calm-Down Sheets solo

Quiet review activities

- Reading Detective solo
- Math Word Problems and Number Puzzles solo
- Science Detective and Engineering on Paper solo
- Quiet Writing solo

Reading, math, science and engineering, writing. Keys included where an answer exists.

Whisper partner games

- Battleship partner
- Dots and Boxes partner
- Connect Four on Paper partner
- Sprouts partner
- Guess the Word partner
- 20 Questions partner

Played in silence or a whisper. Students find it funny, you find it wonderful.

Whole-class calm games

- The Sixty-Second Challenge class
- Who Wrote It? class
- Silent Opinion Line class
- Paper Charades class

Four teacher cards on one page. No materials beyond paper and a clock or timer.

The quiet routine

- Set the expectation before handing pages out: pencils only, whisper voices for partner games, hands up (not voices) for help.
- Puzzles are self-checking, so the room runs itself while you work with a small group.
- Answer keys are the last 5 pages. Keep those.

The calm-down sheets

- Two sheets built for one student at a time: box breathing, 5-4-3-2-1 grounding, a brain dump, and what I can control. Keep a few printed in a folder by the door.
- Nobody has to share what they wrote. Say so.
- Zen Patterns work the same way: quiet coloring that asks nothing of anyone.

Sub days

Every page in this kit runs from the printout alone. A sub can hand out any solo page, pair students up for the partner games, or run a whole-class game from the card. Nothing needs subject knowledge.

If this kit made your room a little calmer, a short review helps other high school teachers find it and earns you TpT credits. Thank you!



Word Search: Literary Terms

Find all 12 words. They run in every direction, including backward and diagonally.

Name _____ Date _____

A	P	T	U	S	A	T	I	R	E	D	O	U	E
M	L	R	K	N	A	R	R	A	T	O	R	Y	X
V	E	W	O	W	H	U	K	T	E	N	N	O	S
T	H	T	O	T	Y	L	G	N	H	Z	E	Q	T
Y	Y	D	A	D	A	I	F	Z	X	R	M	Z	H
A	P	O	M	P	A	G	M	M	F	D	L	L	P
L	E	X	S	I	H	H	O	A	Z	T	B	X	N
L	R	C	I	W	M	O	S	N	G	J	T	M	O
E	B	W	L	P	F	N	R	E	I	E	U	O	I
G	O	W	O	J	B	L	V	T	R	S	R	R	S
O	L	W	B	Q	C	T	A	V	H	O	T	Y	U
R	E	R	M	K	V	D	J	O	N	X	F	R	L
Y	V	J	Y	R	L	W	F	C	O	I	V	I	L
I	Q	B	S	S	I	R	O	N	Y	V	S	F	A

METAPHOR

IRONY

ALLEGORY

FORESHADOW

SYMBOLISM

PROTAGONIST

SATIRE

IMAGERY

ALLUSION

HYPERBOLE

SONNET

NARRATOR



Sudoku: Medium

Fill the grid so every row, every column, and every 3x3 box contains the numbers 1 to 9 exactly once.

Name _____ Date _____

					4	1		6
			6	7	1	4		
		1	3		9	5	2	7
					7	6	5	
3	5							
				4			7	3
					2	7		8
	1	2	8	6				5
4		6	7				1	



Secret Codes 1 and 2

Every letter in each saying was swapped for a different letter. Use the hints, look for short words and double letters, and write the real letter under each code letter.

Name _____ Date _____

Code 1

Hints: **C = L** **U = N**

R F C C W F S O U A I D V C P B Y U F

Decoder: write the real letter under each code letter as you crack it. Gray letters are not used in this code.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Code 2

Hints: **G = S** **D = E**

Q G N R R W J G D Q H D K D X N Q U D Q

G I Z P P D U G Q Z P R X

Decoder: write the real letter under each code letter as you crack it. Gray letters are not used in this code.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



Logic Grid 1: Study Hall Logic

Four juniors sit at the four study desks along the library window, numbered 1 to 4 from left to right. Each is preparing for a different elective. Work out who sits at which desk and which elective each student is working on.

Name _____ Date _____

The clues

1. The student working on photography has desk 4.
2. The student working on robotics is directly to the right of Theo.
3. Nadia's desk is directly to the right of Theo's.
4. Elena's desk is not number 1.
5. Elena's desk is not number 4.
6. The student working on psychology does not have desk 3.

How to solve: put an X in a box the clues rule out and a dot in a box that must be true. Every row and column of each half ends up with exactly one dot.

	desk 1	desk 2	desk 3	desk 4	Economics	Psychology	Photography	Robotics
Nadia								
Marcus								
Elena								
Theo								

The answer

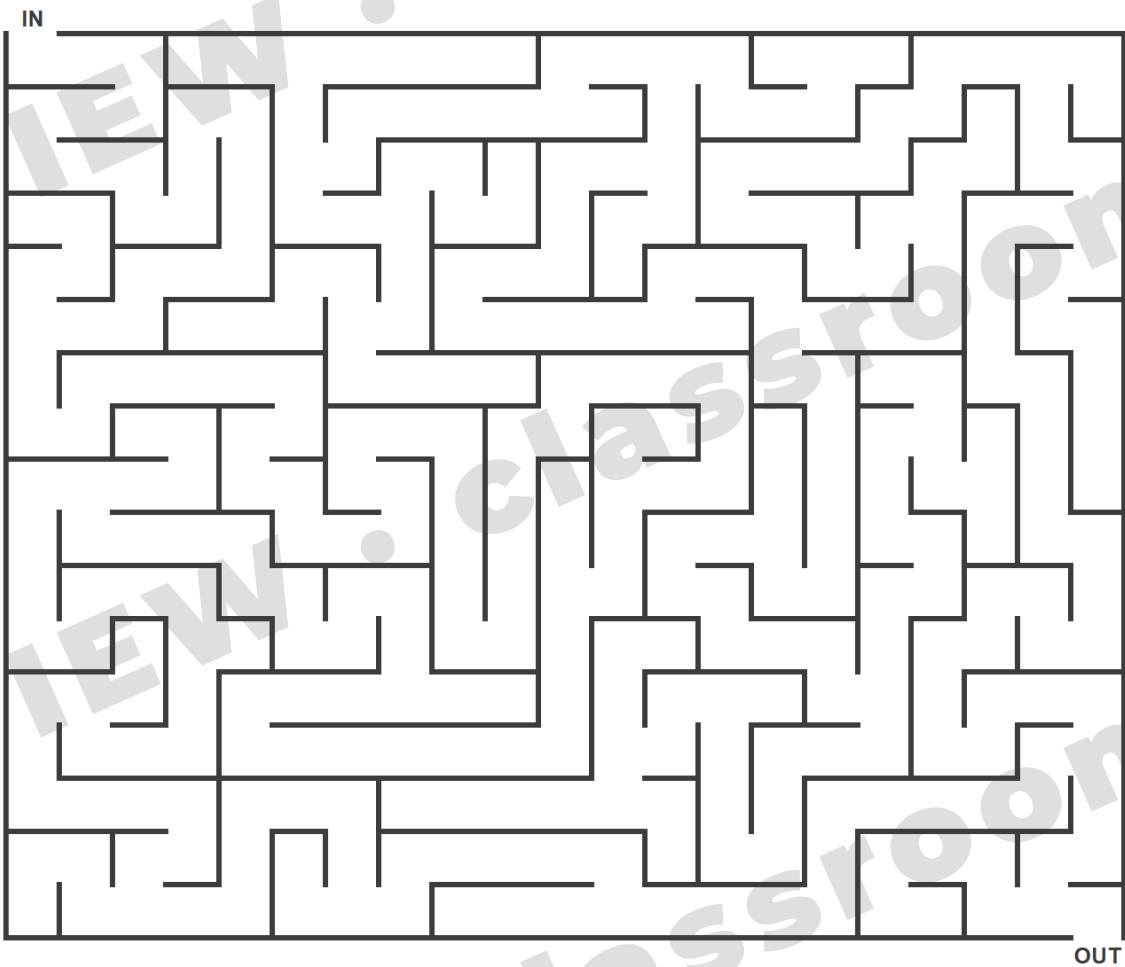
NAME	DESK	ELECTIVE
Nadia		
Marcus		
Elena		
Theo		



Maze 1

Find the one path from IN at the top to OUT at the bottom. Trace it with a pencil, and no cutting through the walls.

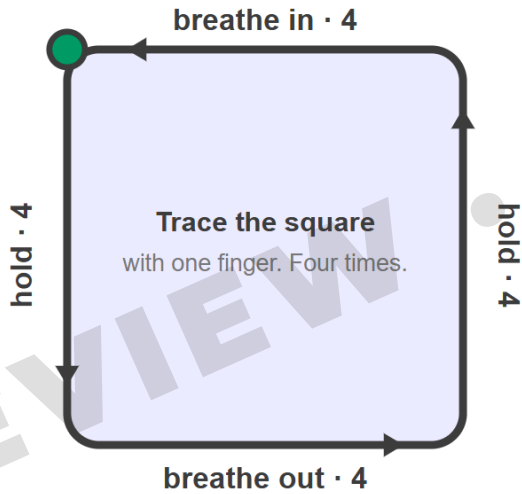
Name _____ Date _____





Calm-Down Sheet 1: Breathe and Ground

For one person, at your own pace. Nobody reads this but you. Start with the square, then work down the page.



Right now I feel

Before 1 2 3 4 5 6 7 8 9 10

1 = totally calm, 10 = about to burst

5-4-3-2-1 grounding

- 5 details I can see
- 4 sounds I can hear
- 3 textures I can feel
- 2 scents I can notice
- 1 taste I can notice

One sentence about what is going on

.....

.....

After 1 2 3 4 5 6 7 8 9 10

Went down by even one? That is the skill. Two more squares if you need them.



Reading Detective 1

The Case of the Swapped Front Page. Read the case once, then read it again with a pencil. Answer with evidence from the text, then solve it.

Name _____ Date _____

Every Thursday at 4:00 p.m., the layout file for The Lantern, the school newspaper, goes to the print shop. This week the front page was supposed to lead with Imani's report on the district budget. On Friday morning, 900 copies arrived with a different lead: a profile of Mrs. Hartwell, the librarian, who was retiring that same day after 31 years. The file history showed one last save at 3:52 p.m. from workstation 3, the desk by the window. Only the three editors know the layout password.

Four students were in the office that afternoon. Imani, the editor in chief, signed out at the front office at 3:35 for a dentist appointment. Caleb, the sports editor, left to shoot the volleyball match in the gym across campus, and his photos are stamped from 3:48 to 4:30. Jun, a first-year reporter, wrote the Hartwell profile. He does not have the password, and he caught the 3:20 bus. Noor, the copy editor, said she stayed late to fix commas. When Mr. Delgado, the adviser, locked the office at 4:05, a mug of mint tea on workstation 3 was still warm.

On Friday, Mr. Delgado asked what people remembered. Caleb said that only one person on staff drinks tea. Jun said he had never asked anyone to move his profile; he had assumed it would run the following week. Imani remembered that at Tuesday's meeting Noor had argued that the budget would still be news next week, but that Mrs. Hartwell's last day would not.

Imani read the new front page twice. "It is the better call," she said at last. "But next time, somebody asks the editor first."

1. What two facts does the file history give a detective?

.....

2. Why can Jun be ruled out, even though the profile is his?

.....

3. How do the sign-out sheet and the photo time stamps work as alibis?

.....

4. Why does the warm mug of mint tea matter?

.....

5. What motive does Tuesday's meeting suggest?

.....

Solve it: Who changed the front page, and why?

.....



Math Word Problems

Ten problems, one page. Show your working in the box and circle your final answer. Any subject, any order.

Name _____ Date _____

- 1 A \$60 jacket is marked up 20%, then put on sale at 25% off the new price. What is the sale price?

- 2 Solve for x : $3(x - 4) = 2x + 9$.

- 3 A right triangle has legs of 9 cm and 12 cm. How long is its hypotenuse?

- 4 A line passes through the points (2, 5) and (6, 17). What is its slope?

- 5 Two cyclists 90 miles apart ride toward each other at 12 mph and 18 mph. In how many hours do they meet?

- 6 A deposit of \$800 earns 5% simple interest per year. How much interest is earned in 3 years?

- 7 The sum of three consecutive integers is 72. What is the largest of the three?

- 8 A cylinder has a radius of 3 cm and a height of 10 cm. What is its volume? Use 3.14 for pi.

- 9 A phone plan costs \$25 a month plus \$0.10 per text. One bill is \$38.50. How many texts were sent?

- 10 Rectangle A is 6 cm by 8 cm. Similar rectangle B has a scale factor of 2.5. What is the area of B?



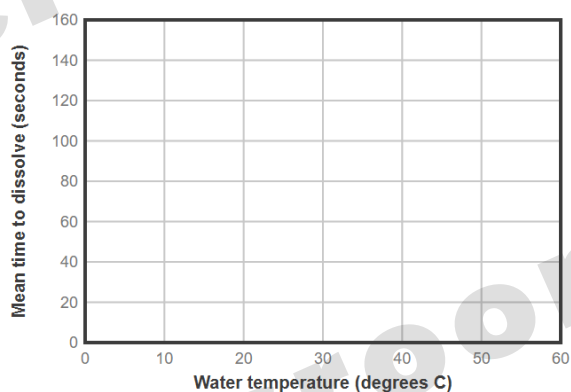
Science Detective

Does water temperature change the rate of a fizzing reaction? Read the experiment, name the variables, plot the data, and say what it shows.

Name _____ Date _____

Amara drops one effervescent (fizzing) tablet into each of four beakers. Each holds 150 mL of water at a different temperature: 5, 20, 35, and 50 degrees Celsius. She does not stir. She times how long each tablet takes to dissolve, runs three trials per temperature, and records the mean.

TEMPERATURE (C)	TIME TO DISSOLVE (S)
5	150
20	84
35	46
50	26



1. Identify the independent variable and the dependent variable.

2. Name two controlled variables that keep this a valid test.

3. Why does Amara run three trials and record the mean instead of timing once?

4. Plot the four means. Is the trend a straight line? Predict the time at 40 degrees.

5. State a conclusion, and one limit on how far this data can support it.



Pick one opener, plan for two minutes, then write in silence for fifteen. Nobody has to read it out loud.

Name _____ Date _____

- ## HOW DOES IT END?

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Quiet writing 1



BattleShip

A silent game for two. Each player needs this sheet. Hide your five ships on the top grid, then take turns writing a shot (like C7) on a slip of paper and sliding it across. Your opponent writes back HIT or MISS. Mark your shots on the bottom grid.

Name _____ Date _____

My ships (secret)

	A	B	C	D	E	F	G	H	I	J
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

My shots

	A	B	C	D	E	F	G	H	I	J
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

Your fleet: Carrier 5 squares · Battleship 4 · Cruiser 3 · Submarine 3 · Destroyer 2. Ships go in straight lines and cannot touch. Sink all five to win.



Whole-Class Calm Games

Four games for the whole room, no prep, no screen. Cut the cards apart or keep the page in the sub folder.

TEACHER

The Sixty-Second Challenge

5 to 10 min

Set up: A clock or timer only you can see. Everyone stands, eyes closed or looking at the floor.

1. Say "go" and start the timer. Each student sits down silently at the moment they believe exactly sixty seconds have passed.
2. No counting out loud, no tapping, no checking a watch or a phone.
3. Note who sat closest to sixty. When the last person is down, announce the actual times.
4. Play again at ninety seconds, then two minutes. The room gets quieter every round.

Why it calms the room: Judging time takes slow, internal attention. One round resets a restless class before a test or a lecture.

Who Wrote It?

10 to 15 min

Set up: A slip of paper each. Students number a second sheet 1 to 10 for answers.

1. Everyone writes one true, harmless, surprising fact about themselves, without a name, and folds the slip.
2. Collect the slips. Read ten aloud, one at a time, numbering them as you go.
3. After each one, students silently write down the classmate they think wrote it. No talking, no looking around.
4. Reveal the writers at the end. One point per correct guess, and a bonus point for any writer nobody identified.

Why it calms the room: All the energy goes into listening and thinking, and students learn something real about each other.

Silent Opinion Line

10 min

Set up: An open strip of floor. One wall means "strongly agree" and the other means "strongly disagree".

1. Read a low-stakes statement, such as "Mornings are better than nights" or "A long book beats a long movie".
2. Students walk, without a word, to the spot on the line that matches their view.
3. Invite two volunteers from different spots to explain in one sentence each. Everyone else listens.
4. Anyone persuaded may move. Then read the next statement. Six statements fill ten minutes.

Why it calms the room: Movement without noise. Students get to hold an opinion without having to argue for it.

Paper Charades

10 to 15 min

Set up: Scrap paper and a pencil each. A short list of words from your current unit, or any everyday nouns.

1. One volunteer comes to the front, sees a word from your list, and acts it out in complete silence.
2. Nobody calls out. Each student writes a guess on paper and holds it up when ready.
3. The actor points to the first correct guess they see. That student acts next, or passes the turn to someone who has not had one.
4. A sound from the audience ends the round with no point scored.

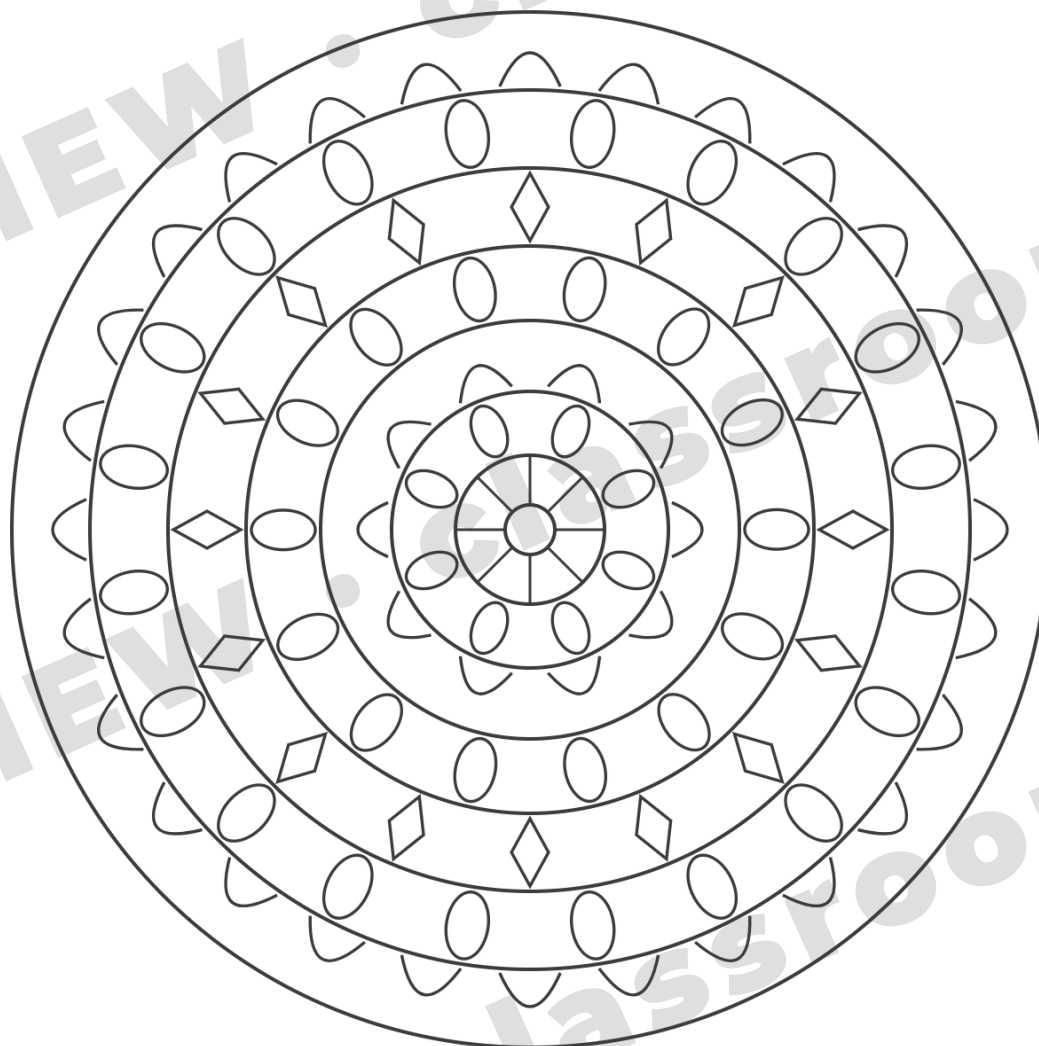
Why it calms the room: All the fun of charades with none of the shouting. It doubles as vocabulary review.



🌀 Zen Pattern 1: Mandala

Color it slowly, section by section. There is no right way and nothing to finish. Pick two colors and alternate, or shade with one pencil.

Name _____ Date _____



In the full kit

Twenty quiet games, four review activities, five answer-key pages. Print and go.

43 pages in color and ink-saver
B&W, US Letter and A4

20 quiet games: solo puzzles,
whisper partner games,
whole-class calm games

4 review activities: reading, math,
science and engineering, writing

5 answer-key pages, every puzzle
checked by computer

Thank you! If this kit makes your room a little calmer, a short review helps other high school teachers find it and earns you TpT credits.



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Quiet activities
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