

Calm Classroom Games: Middle School Kit

Twenty quiet games and four review activities for grades 6 to 8: early finishers, indoor recess, sub days, and the moments a room needs to settle.

PREVIEW

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

Silent Ball, Silent Line-Up, Count to Twenty, Pass the Story

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, 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 **Middle School Kit**

Grades 6 to 8 · 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 middle school room needs to settle: early finishers, indoor recess, 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

- Silent Ball class
- Silent Line-Up class
- Count to Twenty class
- Pass the Story class

Four teacher cards on one page. No materials beyond a soft ball and paper.

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.

Did this kit work well for your class? A quick review helps other teachers find it and earns you TpT credits. Thank you!



Word Search: Science Lab

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

Name _____ Date _____

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

BEAKER

MICROSCOPE

GRAVITY

MOLECULE

MAGNET

ENERGY

FOSSIL

ORBIT

VOLCANO

ECOSYSTEM

ATOM

PRISM



Sudoku: Easy

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

Name _____ Date _____

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



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: T = S U = E

T F M K X B I T Q U X I H K J B T Q Z U

O X E U

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

Code 2

Hints: H = E W = L

H G H L B Z W J I Y A T E T E M W G H L

W M Q M Q R

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



Logic Grid 1: Locker Logic

Four friends have the four lockers in a row by the science room, numbered 1 to 4 from left to right. Each is in exactly one club. Work out who has which locker and which club each friend is in.

Name _____ Date _____

The clues

1. The Chess club member does not have locker 2.
2. The Drama club member is somewhere to the left of Sam.
3. The Art club member has locker 3.
4. Sam's locker is directly to the right of Leo's.
5. Leo is not in the Art club.
6. Sam's locker is not number 3.
7. Priya's locker is somewhere to the left of Maya's.

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.

	locker 1	locker 2	locker 3	locker 4	Art	Chess	Coding	Drama
Maya								
Leo								
Priya								
Sam								

The answer

NAME

LOCKER

CLUB

Maya

Leo

Priya

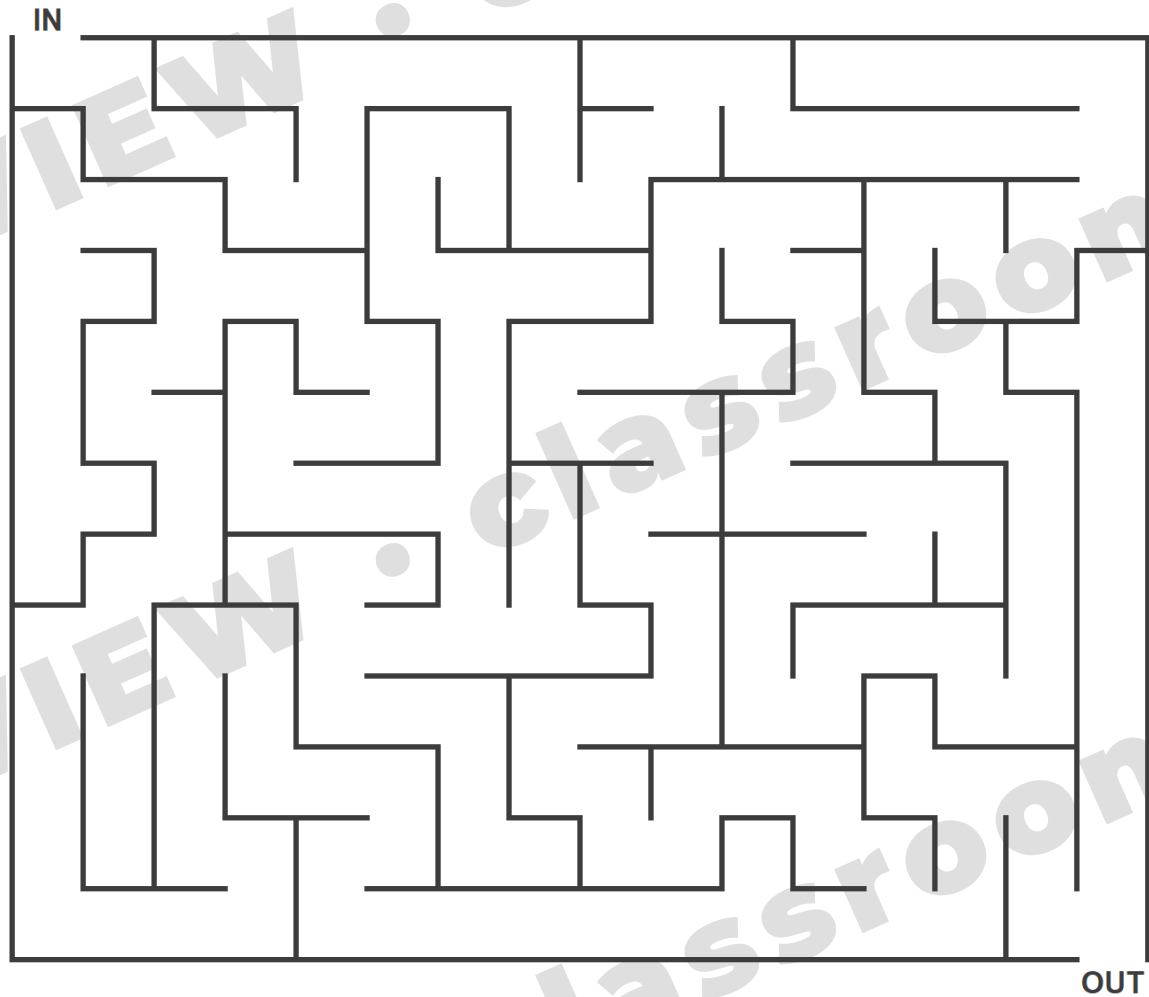
Sam



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.

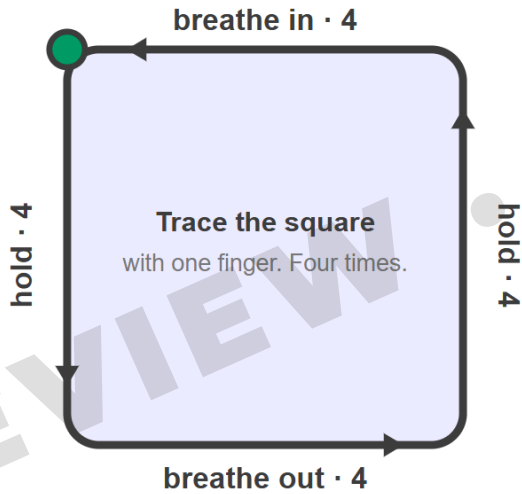
Name _____ Date _____





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 things I can see
- 4 things I can hear
- 3 things I can feel
- 2 things I can smell
- 1 thing I can taste

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 Missing Hamster. Read the case once, then read it again with a pencil. Answer with evidence from the text, then solve it.

Name _____ Date _____

Room 12 had one rule that everyone agreed on: nobody touched Pickles the hamster without asking Ms. Okafor. So when the cage stood empty at 12:40 on Tuesday, the class went quiet. The cage door was closed, and its stiff two-handed latch was still clipped shut. A thin trail of wood shavings ran from the shelf to the classroom door and turned left into the hallway. The band room is at the left end of that hallway. The library and the office are to the right.

Four students had left the room during lunch with hall passes. Nadia went right, to the library, at 12:05 to return a book and came back at 12:15 with a new one. Theo saw the nurse about a headache from 12:00 until 12:30 and came back with a note. Marcus went right, to the office, at 12:20 to drop off a form and was back in five minutes. Priya went left, to the band room, at 12:10 with her trumpet case to practice. She came back at 12:35 carrying the case with both arms instead of by the handle.

Ms. Okafor asked the class what they remembered. Nadia said the hallway to the right had been freshly mopped and was still wet. Theo said the nurse's office had been full and he had waited on a bench the whole time. Marcus said that Priya had told him that morning that Pickles looked cold and that hamsters should have a warmer spot.

Ms. Okafor looked at the trail of shavings, looked at the trumpet case, and smiled. "Nobody is in trouble," she said. "But somebody has a passenger."

1. Which way does the trail of shavings turn, and what is in that direction?

.....

.....

2. Why can Nadia and Marcus both be ruled out?

.....

.....

3. The latch is stiff and two-handed, and it was still clipped shut. What does that tell a detective?

.....

.....

4. What does Ms. Okafor mean by "somebody has a passenger"?

.....

.....

5. Name two details that point to the same student.

.....

.....

Solve it: Who has Pickles, where is he, 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 hoodie costs \$48. It is on sale for 25% off. What is the sale price?
- 2** A recipe uses 3 cups of flour for 24 muffins. How many cups are needed for 40 muffins?
- 3** A train travels 180 miles in 2.5 hours. What is its average speed in miles per hour?
- 4** A rectangular garden is 12 m long and 7.5 m wide. What is its area?
- 5** The ratio of pencils to pens in a drawer is 5 to 3. There are 40 pencils. How many pens are there?
- 6** Maya has read $\frac{3}{8}$ of a 320-page book. How many pages does she have left?
- 7** The temperature falls from 6 degrees to -9 degrees. By how many degrees did it change?
- 8** Movie tickets cost \$9.50 each and popcorn costs \$6.25. What do 4 tickets and 2 popcorns cost in total?
- 9** Four times a number, minus 7, equals 33. What is the number?
- 10** A circle has a radius of 5 cm. What is its circumference? Use 3.14 for pi.



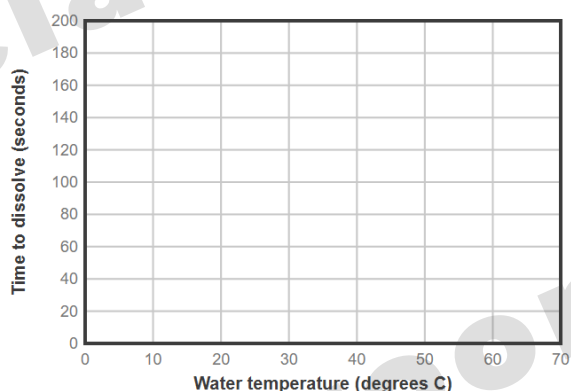
Science Detective

Does water temperature change how fast sugar dissolves? Read the experiment, name the variables, plot the data, and say what it shows.

Name _____ Date _____

Jonah puts one sugar cube into each of four glasses. Each glass holds 200 mL of water, but the water in each glass is a different temperature: 10, 25, 40, and 60 degrees Celsius. He does not stir. He times how long each cube takes to dissolve completely.

TEMPERATURE (C)	TIME TO DISSOLVE (S)
10	180
25	120
40	70
60	35



1. What is the independent variable (the thing Jonah changed on purpose)?

2. What is the dependent variable (the thing he measured)?

3. Name two things Jonah kept the same so the test was fair.

4. Plot the four results on the grid, then predict: about how long would a cube take at 50 degrees?

5. Write one sentence that states what the data shows.



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

Name _____ Date _____

- ## WHO IS IN IT?

WHAT GOES WRONG?

HOW DOES IT END?

Keep going on the back if the story is not finished. Stories are allowed to be short.



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

Silent Ball

10 to 15 min

Set up: One soft ball. Everyone stands behind their desk.

1. Toss the ball to anyone in the room. No talking, no sounds, no drops.
2. Drop a catchable throw, make a bad throw, or make a sound and you sit down.
3. Sitting players stay silent too. Last one standing wins.
4. Restart the round the moment it ends. Three rounds fill fifteen minutes.

Why it calms the room: The room goes completely quiet within a minute. Ban laughing sounds too, or nobody survives.

Silent Line-Up

5 to 10 min

Set up: An open strip of floor. Nothing else.

1. Call a line-up rule: by birthday, by first-name alphabet, by the number of letters in your last name, by house number.
2. The class must line up in order without a single word. Hand signals and fingers held up are allowed.
3. When everyone is in place, walk the line and check. Each mistake costs the class one point from ten.
4. Play again with a harder rule. The class tries to beat its own score.

Why it calms the room: Works as a transition: line up in silence, then sit down in the new order.

Count to Twenty

5 min

Set up: Everyone seated, eyes closed or looking down.

1. The class counts from 1 to 20 out loud, one number at a time, and anyone may say the next number.
2. If two people speak at once, the count goes back to 1.
3. No pointing, no turn order, no signals. It is a listening game.
4. Reaching 20 is a class win. Then try it with eyes closed, or count backward.

Why it calms the room: Two minutes of this settles a class after a loud period. Good before a test.

Pass the Story

10 to 15 min

Set up: One sheet of paper per row or group of five. A pencil each.

1. The first person writes one sentence to start a story and passes the sheet. Every pass is silent.
2. Each person reads what is there and adds one sentence, then passes it on.
3. After two full loops, the last person writes the ending.
4. Read the stories out at the end (you read them, or a volunteer does). The class votes for the best one.

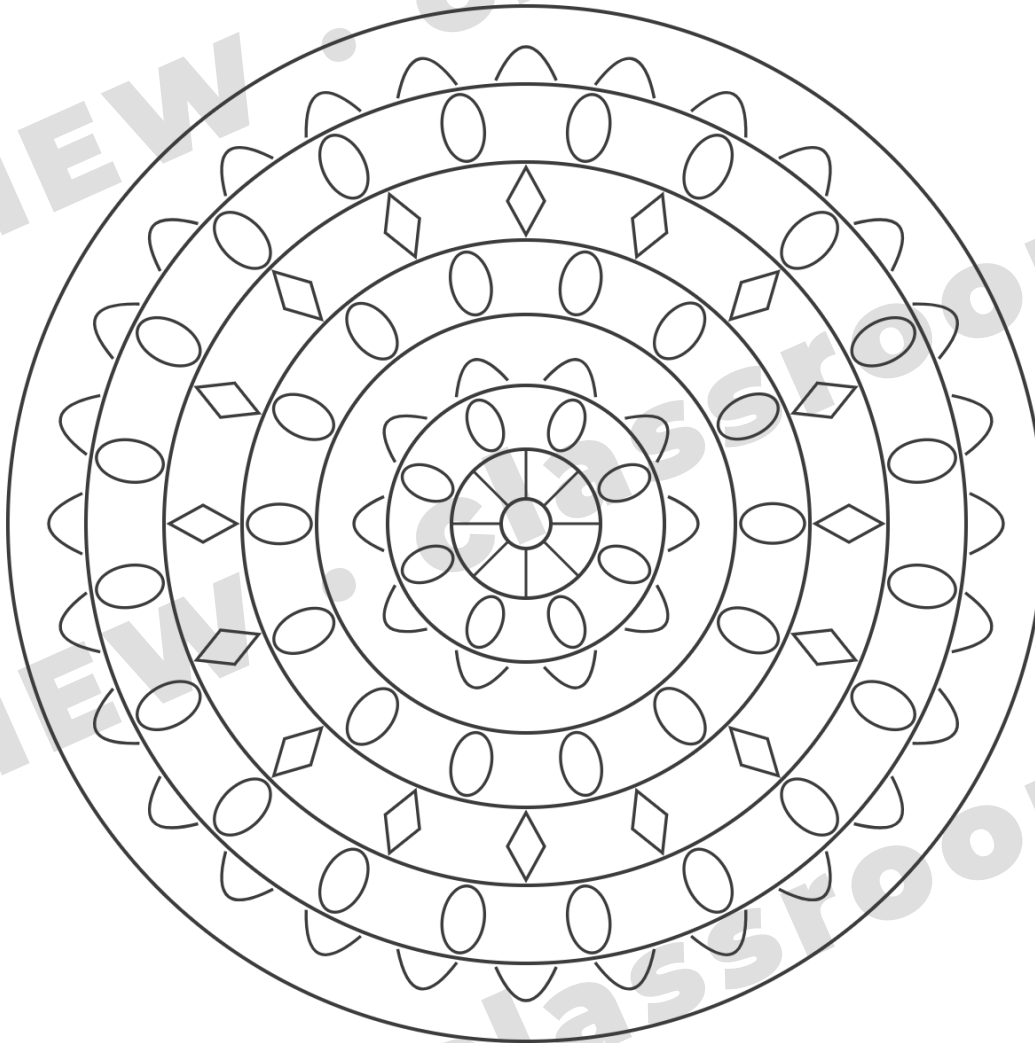
Why it calms the room: Quiet writing that still feels like a game. A good end-of-lesson filler.



🌀 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 works for your class, a quick review helps other teachers find it, and earns you TpT credits.

