

Directions: Circle the correct answer.

1. Marcus Aurelius ruled Rome from 161-180 AD, about _____ after Julius Caesar was the emperor.
 - a. 10 years
 - b. 100 years
 - c. 200 years

2. The Centurion said that Marcus Aurelius was a wonderful emperor because he was a great ruler, expanded Rome's territory through military conquest, and was an incredible _____.
 - a. stoic philosopher
 - b. military genius
 - c. student and teacher

3. The term "stoic philosopher" means _____.
 - a. someone who is ruthless in battle but kind to his or her friends
 - b. someone who is smart, thinks deeply, and never loses his or her cool
 - c. someone who considers his or her needs less important than the needs of others

4. A Centurian was _____.
 - a. a soldier
 - b. a leader of soldiers
 - c. a person who was responsible for money and other valuables

5. Marcus Aurelius led Rome in battling the _____.
 - a. Spaniards
 - b. French Canadians
 - c. Germanic Barbarians

6. Marcus Aurelius said that there are different kinds of intelligence. His incredible sensitivity made him _____.
 - a. skilled at reading people's intentions but had difficulty controlling his own emotions
 - b. relatable because he was not afraid to cry in public
 - c. counsel his enemies rather than fighting them



7. Inductive reasoning is the ability to _____.
- a. observe and figure out
 - b. work with numbers and solve equations
 - c. be kind and considerate

Directions: Answer the following questions in complete sentences.

8. What are some things Marcus Aurelius did to combat his own negative emotions?

9. One example of a technique the emperor used to manage his emotions was “3-4-5, 5-4-3, staying steady and calm is key.” Write your own rhyme below.

10. To help manage his emotions, Marcus Aurelius said he liked to write down his thoughts. In the chart below, write some things in your life that you *can* control and some things you *cannot* control. It’s best to focus on things you *can* control. “Strive to have control of your emotions, but don’t be too hard on yourself when you fall short” is good advice!

Things I CANNOT control	Things I CAN control

Marcus Aurelius | Answer Key

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Directions: Answer the following questions in complete sentences.

8. In the video, what are some things Marcus Aurelius did to combat his own negative emotions?
 Sample answer: Marcus Aurelius used counting rhymes and deep breaths to manage his emotions. He also tried to recognize the difference between things he could control and things he could not. He tried to focus on and improve the things he could control.
9. One example of a technique the emperor used was “3-4-5, 5-4-3, staying steady and calm is key.” Write your own rhyme below.
 Answers will vary. Accept any reasonable participation.
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 Sample answers below.

Things I CANNOT control	Things I CAN control
<p>I cannot control what other people do.</p> <p>I cannot control the past.</p> <p>I cannot control the future.</p>	<p>I can control my attitude.</p> <p>I can control how I treat people.</p> <p>I can control how hard I work.</p> <p>I can control the way I spend my free time.</p> <p>I can control the words I say.</p>