

Lesson 14: Calming Down Anger

Lesson Concepts

- Belly breathing calms down strong feelings.
- Belly breathing pushes the belly out when you breathe in.
- Being mean or hurting others when you're angry is not okay.

Objectives

Students will be able to:

- Explain physical and situational clues to feeling angry
- Demonstrate proper belly-breathing technique
- Use a three-step process to calm down: Say "Stop," name your feeling, and do belly breathing

Why This Lesson Matters

Calming-Down Steps can help students manage strong feelings. Belly breathing (diaphragmatic breathing) helps lower blood pressure and heart rate, which calms the body. Conversely, noisy, fast breathing and breathing from the chest can cause students to feel more upset.

During this time students might be feeling all kinds of emotions. They may feel happy or excited to be home with a family member, or scared or anxious because they don't know when they'll see their friends and classmates again. Learning Calming-Down Steps can help students manage their emotions, so they can talk about why they're feeling a certain way.

Before the Lesson

Remind students of the previous lesson, when you discussed someone feeling frustrated and what they did to calm themselves down. Remind them about saying "Stop" and naming their feelings. Share the [How to Calm Down mini-poster](#) with families.

After the Lesson

Have students practice what they know about calming down. Present students with these scenarios and ask them how they would calm down:

- Your shoelace keeps coming untied (frustration)
- It's your birthday tomorrow and you can't sleep (excitement)
- Your sibling took something from you and won't give it back (anger)

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Sing "[The Calm-Down Song](#)."
- Have students draw a picture of themselves with their hands on their tummies. Have them write a word about or describe a time they calmed down using belly breathing.

See the lesson [Following Through Card](#) for more ideas about how to build on key lesson concepts.

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