

Lesson 15: Self-Talk for Calming Down

Lesson Concept

- Positive self-talk is an effective strategy for calming down strong emotions.

Objectives

Students will be able to:

- Recognize situations that require the use of calming-down strategies
- Use positive self-talk to calm down

Why This Lesson Matters

When students are experiencing strong feelings, using Calming-Down Steps can be effective for managing their feelings and reducing the likelihood of impulsive or aggressive behaviors. The focus of this lesson is on using positive self-talk to calm down. Positive self-talk engages the thinking part of the brain and helps divert students' attention from negative self-talk that can escalate strong feelings.

During this time, students might be having a lot of strong emotions. This is a great time for them to practice positive self-talk to calm down.

Before the Lesson

The previous lesson covered calming down anger, specifically using belly breathing as a part of the Calming-Down Steps. Give your students these reminders: **All emotions are okay, but you can also learn how to manage them. Calming down helps you think clearly. It's easier to calm down if you begin as soon as you start to have a strong feeling. Belly breathing is a helpful way to calm down.**

After the Lesson

- Have students practice calming down by belly breathing. Have students practice positive self-talk as another way they can calm down when they have strong feelings.
- Have students talk about the following scenarios:
 - Your sibling took the toy you were playing with. You start to think negative thoughts about how mad that makes you. What is something positive you can say to yourself instead?
 - You're trying to finish some homework and your family is making a lot of noise nearby. You start to think negative thoughts about how loud they are and how you can't concentrate. What is something positive you can say to yourself instead?

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Ask families to play [the Move or Wait Brain Builder](#) at home.
- Have students draw a picture of a time they had a strong feeling. Then have them write or copy two or three positive self-talk statements they could use to calm down from that feeling.
- Have students complete the lesson [Home Link](#).

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

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