

Lesson 16: Managing Worry

Lesson Concepts

- Counting is one of the effective Ways to Calm Down.
- The Ways to Calm Down can help students manage worry.
- Talking to a grown-up helps when you're worried.

Objectives

Students will be able to:

- Recognize situations that require the use of calming-down skills
- Demonstrate the Ways to Calm Down—belly breathing, counting, and using positive self-talk
- Identify grown-ups to talk to when feeling worried

Why This Lesson Matters

Continued review and practice help students retain new skills. In this lesson, students revisit the Calming-Down Steps while applying them to strong feelings of worry. Worry, anxiety, and other similar feelings may not be as obvious or as likely to result in aggression or disruption, but they're still serious. Building skills to calm down when worried can help students cope with school and personal stresses in a more positive way.

During this time, students may often be feeling worried. They may be worried about whether they'll go back to school, when they'll see their friends again, and many of the same things adults are worried about as well. This is a great time to teach the Calming-Down Steps to help students feel better in their bodies and focus on the positive.

Before the Lesson

Remind students of the previous lesson about using positive self-talk to help calm down. Ask them to talk about other strategies they've learned to help calm down a strong emotion. Remind them that all emotions are valid and okay, but they also need to know how to manage emotions and learn how to make their bodies feel better during and after having a strong emotion.

After the Lesson

Have students practice calming down by using all the Ways to Calm Down. Ask students to think of a few scenarios where they might need to use the Ways to Calm Down. Here are some example scenarios:

- (Your experience) Model a time when you needed to use the Ways to Calm Down: for example, you got a flat tire or there wasn't enough gas in your car when you got into it. Describe how that made you mad or frustrated and how you used belly breathing to calm down.

- (Students' experience) You're trying to finish some work and your family is making a lot of noise nearby. You start to think negative thoughts about how loud they're being 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 "Step or Stay" Brain Builder at home, including as many family members as possible.
- Have students practice all three Ways to Calm Down after being outside or participating in a strenuous activity.
- Have students draw a picture of a time when they were worried. Then have them write or copy two or three sentences about what they can do to calm down when they're worried.
- 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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