**Lesson 13:** Handling Making Mistakes

**Lesson Concepts**
- Everyone makes mistakes, but if you’re feeling strong feelings, it’s important to calm down.
- Making mistakes helps you learn, because mistakes show you what you need to practice more.
- You can use belly breathing to calm down.

**Objectives**
Students will be able to:
- Demonstrate correct belly-breathing technique
- Use belly breathing to calm down in response to scenarios

**Why This Lesson Matters**
Calming-down skills can help students manage strong feelings. Belly breathing (diaphragmatic breathing) helps lower blood pressure and heart rate, both of which calm the body. In this lesson, students practice using belly breathing to calm down when they’ve made a mistake, a common problem that can evoke strong emotions. This lesson also emphasizes that mistakes are a natural part of learning that can help students identify things to practice and ways to improve.

**Before the Lesson**
Ask students what signs their bodies show them when they’re feeling strong emotions like excitement, frustration, or embarrassment.

Review the first two Calming-Down Steps.

**After the Lesson**
Have students complete the following activity:
- Come up with a story about someone who is experiencing a strong emotion. Write or draw your story on a piece of paper. Show how your character is using the Calming-Down Steps and belly breathing to keep control of their emotions.
Following Through
Use these strategies to reinforce lesson concepts throughout the week.

Have students complete the Weekly Skill Check. Sample check-in statements:
- Belly breathing helps me calm down.
- Making mistakes helps me learn because they show me what I need to practice.

Have students watch the Belly Breathing video.

Have students do the Lesson 13 Home Link with their families.

See the Lesson 13 Following Through Card for more ideas on how to build on key lesson concepts.

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