

GRADE 2

Lesson 16: Finishing Tasks

Lesson Concepts

- Calming down helps you stay focused and on task at school.
- Using positive self-talk helps you stay focused and on task so you can be a better learner.

Objectives

Students will be able to:

- Identify situations that require the use of the Calming-Down Steps
- Demonstrate using the Calming-Down Steps in response to scenarios
- Use positive self-talk to stay focused and on task in response to scenarios

Why This Lesson Matters

The ability to stay on task and complete assignments is integral to academic success. This lesson applies Calming-Down Strategies students have learned to this important challenge. Once students get control of themselves by calming down, they can use positive self-talk to stay focused and finish a task.

Before the Lesson

Ask students to anticipate when they might have difficulty staying focused and on task. Have them think about why it's important to be able to focus.

After the Lesson

Have students describe how they would calm down in these scenarios when they need to focus and stay on task:

- Your teacher tells you to stay in at recess until you finish your homework.
- You're told you have to clean your room before you can watch your favorite TV show.
- Your teacher tells you to finish your writing before you draw the picture for your story.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Have students do the [Calm It Down Dance](#).
- Have students complete the [Weekly Skill Check](#). Sample check-in statements:
 - Calming down helps me stay focused and on task.
 - I can use positive self-talk to stay focused and get my work done.

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

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