**Lesson 13: Handling Accusations**

**Lesson Concepts**
- You can use belly breathing to calm down.
- Calming down helps you handle accusations calmly and thoughtfully.
- It’s important to take responsibility when you’ve made a mistake.

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

**Why This Lesson Matters**
Calming down can help students manage strong feelings. In this lesson, students learn and practice how to calm down using deep breathing, called “belly breathing.” Belly breathing (diaphragmatic breathing) helps lower blood pressure and heart rate, both of which calm the body. Once students are calmer, it’s easier for them to think clearly and handle challenges.

**Before the Lesson**
Familiarize your students with belly breathing with the “Belly Breathing” video.

**After the Lesson**
Have students answer the following prompt:
If you’ve done something you shouldn’t have and you’re accused of doing it, what should you do?

**Following Through**
Use these strategies to reinforce lesson concepts throughout the week.
- Have students watch and play the Frozen Feelings Factory Brain Builder.
- Have students do the lesson Home Link with their families.
- Have students listen to the “Calm It Down” song with their families.
See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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1. Go to www.secondstep.org
2. Under New Users, click “Create Account"
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