Why This Lesson Matters

In this lesson, students learn to use emotion-management techniques to stop strong emotions from pushing them into jumping to conclusions about others. Students can use the Calming-Down Steps to make it less likely they’ll act impulsively on their emotions. Then they can take the next step and ask questions assertively, which helps them better understand others’ perspectives and intentions.

Before the Lesson

Have students review the How to Calm Down poster. Have them explain belly breathing, counting to calm down, and using positive self-talk.

After the Lesson

Have the students complete the Lesson Handout.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

• Have students watch (and participate in) the “Jump to Conclusions” Brain Builder video.

• Have students listen to the “Calm It Down” song and do the Calm It Down Dance. Have students use counting to calm down after dancing.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click “Create Account”
3. Complete the required fields
4. Add Program Activation Key: SSP3 FAMI LY73

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