Lesson 12: Calming Down Anger

Lesson Concepts
Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences.

Objectives
Students will be able to:
- Identify situations in which they might need to calm down
- Demonstrate the technique for deep, centered breathing
- Identify and demonstrate other Ways to Calm Down (counting, using positive self-talk)

Why This Lesson Matters
Using strategies to calm down helps students stop themselves from acting impulsively on their feelings. Deep breathing is a versatile technique that can be used in many situations. Counting is a simple way to engage the language centers of the brain and create some time between an event and their reaction. Positive self-talk can effectively engage the thinking part of the brain in emotional situations.

Before the Lesson
Practice deep breathing with students, or provide the instructions below in writing for them to practice on their own:

• Find a comfortable spot to sit down. Close your eyes or look at the floor.
• Put a hand on your stomach, just above your belly button.
• Focus your attention on your breathing as you take a breath deep into the lower part of your lungs. You’ll feel your stomach move out as you do this.
• Now breathe out through your mouth slowly and evenly.
• Repeat a few times and notice how you’re feeling.
• Slow, deep breathing gets more oxygen into your lungs and heart. It gives your body the message that everything is okay, and helps you calm down.

After the Lesson
• Have students sit with their eyes closed and shoulders tense. Then have students practice counting backward from ten to one while relaxing their shoulders a little with each number. By the time they get to one, their shoulders should be completely relaxed.
• Have students play the “Calm Down” music video and sing or say the chorus along with the music.
• Have students do the lesson handout.
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1. Go to www.secondstep.org
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