Lesson 14: Avoiding Jumping to Conclusions

Lesson Concept
• Calming down strong emotions helps you think clearly about a situation so you can avoid jumping to conclusions.

Objectives
Students will be able to:
• Identify emotion-management strategies
• Demonstrate assertiveness skills
• Identify and demonstrate positive self-talk statements

Why This Lesson Matters
This lesson focuses on helping students use emotion-management techniques to keep strong emotions from pushing them into jumping to conclusions about others. Students who calm themselves down are better at accurately assessing others’ intentions. Students can use the Calming-Down Strategies to make it less likely that they’ll act impulsively on their emotions.

Before the Lesson
Ask students to think of two positive self-talk statements they might need in a situation at home or at school.

After the Lesson
• Have students do the lesson handout.
• Have students think of some ways to get more information about a situation in which they might feel angry (for example, if someone took the last cookie at lunch, if a sibling wasn’t sharing a game, and so on).

Following Through
Use these strategies to reinforce lesson concepts throughout the week:
• Have students practice belly breathing before beginning something they find difficult or stressful.
• Have students answer this reflective writing prompt: What does it mean to jump to conclusions? How does calming down help you not jump to conclusions?
• Have students do the lesson Home Link 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
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