Lesson 15: Handling Put-Downs

GRADE 4

Lesson Concept

- Calming down helps you handle put-downs and avoid making conflicts escalate.

Objectives

Students will be able to:
- Identify strategies for handling put-downs
- Demonstrate what they’ve learned about strategies for calming down
- Demonstrate assertive responses to put-downs

Why This Lesson Matters

Insults and mean comments are common causes of conflict among students. Students can keep their emotions under control by applying the Calming-Down Strategies, which give them a chance to think through the situation and improve their ability to handle put-downs and escalating conflicts. Being able to keep strong emotional reactions in check can be important for students who are bullied, since sometimes a strong emotional reaction rewards the person bullying and makes further mistreatment more likely.

Before the Lesson

Have students listen to the "Calm Down" music video and identify what the lyrics say happens when you name your feeling ("It slows you down and makes you think").

After the Lesson

- Have students do the lesson handout.

Following Through

Use these strategies to reinforce lesson concepts throughout the week:
- Have students do the lesson Home Link with their families.
- Have students write two things they can do if they or someone else experiences a put-down.
- Have students write a short paragraph about how they might feel if someone made fun of the way they looked.
- Have students answer the following reflective writing prompt: Why are put-downs not okay? Pretend someone put you down about the way you look. What is a positive thing you could say to yourself?
- See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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