

GRADE 5

Lesson 14: Handling Put-Downs

Lesson Concept

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

Objectives

Students will be able to:

- Identify strategies for handling put-downs
- Demonstrate what they've learned about the Calming-Down Steps
- Demonstrate assertive responses to put-downs

Why This Lesson Matters

Insults and mean comments are common causes of conflict among students. Put-downs can lead to serious problems and even fights if handled poorly. By applying the Calming-Down Steps, students can keep their emotions under control. The ability to keep strong emotional reactions in check can be important for students who are bullied, since sometimes a strong emotional reaction serves as a reward for bullying and makes further mistreatment more likely.

Also note: Popular media often portrays insults and put-downs as humorous. Students are given the message that insulting and putting down their peers will be rewarded with laughter and admiration for a quick wit. This particularly applies to upper-elementary students, who are developing their senses of humor. Help guide students by having them think critically about what makes something funny or not and analyze whether comedy should really be at the expense of others. Have students practice perspective-taking by imagining themselves in the shoes of someone being put down for others' amusement.

Before the Lesson

Review ways to resist revenge using the [How to Calm Down](#) mini-poster. Have students talk or write about one experience in which they may have wanted to seek revenge and how they handled the situation using the Calming-Down Steps.

After the Lesson

Guide students through the [lesson handout](#). They can complete this activity with a family member or, if they're doing the lesson handout on their own, have them read the scenarios and answer the questions.

Following Through

Use these strategies to reinforce lesson concepts throughout the week:

- 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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