Lesson 15: Avoiding Assumptions

Lesson Concept
Calming down strong emotions helps you think clearly about a situation and make better decisions.

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

Why This Lesson Matters
Students can create or escalate conflicts when they jump to conclusions about what is behind other students’ actions. It’s easy to jump to conclusions that create problems unnecessarily. This lesson focuses on helping students use emotion-management strategies to keep strong emotions from pushing them into jumping to conclusions about others. When students can calm down, they’re better able to assess others’ intentions accurately. Students can use the Calming-Down Steps to make it less likely that they’ll act impulsively on their emotions. When they’re able to take the next step and assertively ask questions of others, they’re better able to understand others’ perspectives and intentions. Calming strong emotions is also a necessary prerequisite to effective problem solving.

Before the Lesson
With your students, review the previous lesson on how to handle put-downs by calming down, walking away, being assertive, and getting help. Use the How to Calm Down mini-poster for this review.

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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1. Go to www.secondstep.org
2. Under New Users, click “Create Account"
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