

Lesson 18: Handling Being Knocked Down

Lesson Concepts

- When you get hurt, it's important to calm down before you do anything else.
- You need to ask for more information and not assume that the action was on purpose.

Objectives

Students will be able to:

- Demonstrate calming down in response to scenarios
- Demonstrate telling the other person they feel hurt and asking what happened
- Demonstrate apologizing and saying it was an accident

Why This Lesson Matters

When students assume that others have hostile motives, they're more likely to retaliate with aggression. Students who often solve problems with aggression are even more likely to assume hostile intent, even in accidental situations.

While students aren't playing with others on the playground or at school in a typical way right now, it's important to continue building these skills at home. Asking questions, being open to explanations, and providing feedback about how actions make students feel are important skills in family, as well as peer, relationships.

Before the Lesson

Review the following vocabulary words with your students:

- Mean to: to do something on purpose
- Accident: an event that happens by chance, without being planned by anyone

After the Lesson

Have students practice what they could do or say if someone gets hurt accidentally. Here are some examples:

- You and your sibling were playing outside and they ran into you.
- Someone dropped something on your foot.
- Someone threw a ball and it hit you in the shoulder.
- Someone bumped into you with their backpack.
- Someone opened a door and it hit your elbow.

When students think about each scenario, have them practice the Calming-Down Steps (putting their hands on their tummies, saying "stop," naming their feeling, and taking belly breaths).

Following Through

Use these strategies to reinforce lesson concepts throughout the week:

- Ask families to play the Step or Stay Brain Builder at home.
- Ask families to listen to "The Anger Song" at home. Encourage students to sing along with the chorus.
- Ask families to practice handling accidents. One partner (the student or a family member) says, "That hurt. What happened? Was it an accident?" The other partner responds, "I'm sorry, it was an accident. Are you okay?" Have students practice with their own scenarios or use the following scenarios:
 - Someone stepped on your toes.
 - Someone hit you in the face with their elbow while they were eating.
 - Someone tripped you as you walked into the room.
- Have students draw a picture of an accident. Have them practice saying, "I'm sorry. It was an accident. Are you okay?"

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.

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