

# GRADE ..... 5

## Lesson 10: Calming Down

### What Is My Child Learning?

Calming down emotions that are getting out of control helps your child think clearly so they can avoid negative consequences.

### Why Is This Important?

Using strategies to calm down will help your child think clearly instead of acting impulsively on their feelings. Deep breathing delivers more oxygen to the bloodstream while helping your child slow their breathing. This slows the heart rate and can calm your child down when they're upset. This technique can be used in many situations.

Positive self-talk can effectively engage the thinking part of the brain in emotional situations. Counting is another simple way to engage the language centers of the brain, take your child's attention off a stressor, and create some time between provocation and reaction.

Contrary to popular belief, punching pillows and other aggressive activities to "vent" anger may actually escalate anger and prevent calming down.

### Before the Lesson

- Play the "[Calm Down](#)" music video. Have your child listen carefully for how many times they hear the word "stop." (It appears in the song 11 times.)
- Watch the [pre-lesson video](#) with your child.

### After the Lesson

Have your child complete this activity:

- Read the scenarios below and choose one of them to illustrate.
- Create your own cartoon strip showing how you can calm down in one of the scenarios below. Draw four squares for each of the Calming-Down Strategies, then draw your pictures and add words to the boxes.

### After the Lesson (cont.)

Scenarios:

- You really need to talk with your best friend, but you aren't allowed to use the computer or phone.
- Your younger brother or sister colored all over your favorite book. Now you can barely read the words on most of the pages.

Work with your child to complete the lesson [Home Link](#).

### Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Have your child practice deep, centered breathing anytime they become nervous or anxious during the day.
- Have your child demonstrate the technique of deep, centered breathing and teach it to another family member or relative. (This can be done on a video call.)

## Create a Second Step Account

1. Go to [www.secondstep.org](http://www.secondstep.org)
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP5 FAMI LY75

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