Lesson 10: Introducing Emotion Management



Name:

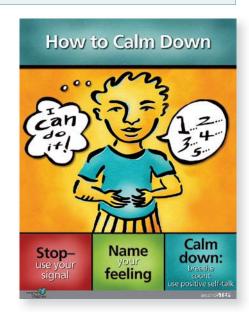
It's time to put on your entertainment-reporter hat again—another new song has just been released! It's called "Calm Down." It's got some great advice, and you're sure it's going to be a hit. But you need to find out what others think. Have an adult family member read the selected "Calm Down" lyrics below, then answer the questions that follow together to complete your entertainment report.

Instead of those wild, knee-jerk reactions
You gotta catch your own attention
Emotions come calling
Instead of just falling
To brawling, name-calling, or whining and bawling

Stop, name your feeling, calm down Stop, name your feeling, calm down

(Stop! Give yourself a signal like Stop, chill, hold up, hang on)
You send a signal to yourself, then stop!
(Okay, now name the feeling. Are you Angry? Embarrassed? Worried?
Scared? Figure it out and name it.)

Just name that feeling, it's just the thing It slows you down and makes you think And then you start to calm right down By just breathing, using self-talk, or counting



What is the first thing the song says you should do when you need to calm down?				
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What is a stop signal you might use?				
What does the song say that naming the fe	eeling does to help yo	ou calm dow	n?	
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What are some ways you calm down strong	ng feelings?			
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