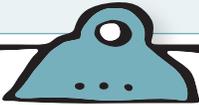




Name: \_\_\_\_\_

You know all about being a student. Now it's your chance to try being a teacher. Today you're going to teach an adult family member the first two Calming-Down Steps, just like you learned in class. Follow the "lesson plan" below.

Read the following information and questions out loud to your adult. Then help your adult answer the questions. Refer to the Calming-Down Steps as needed.



**How to Calm Down**  
 Stop—use your signal  
 Name your feeling  
 Calm down:

- Breathe
- Count
- Use positive self-talk

We all have strong feelings that can get out of control sometimes. When are some times you might have strong feelings?

\_\_\_\_\_

\_\_\_\_\_

When you have strong feelings, your body sends messages to the part of your brain that just reacts. That's why you need to switch on the thinking part of your brain—so you don't just react and do something you'll regret later. You can do this by using the first two Calming-Down Steps: Stop—use your signal and Name your feeling.

The first thing you need to do when you feel yourself losing control of your feelings is tell your mind and body to stop. What is a signal you can say to yourself to stop yourself from reacting without thinking?

\_\_\_\_\_

After you give yourself a signal, the next step is to name your feeling. In the following situations, say your stop signal out loud, then name your feeling.

When I come home, the house is a mess. \_\_\_\_\_

I can't get my television to work. \_\_\_\_\_

A friend just canceled our dinner plans for the third time this month. \_\_\_\_\_

Next time you're having strong feelings that are getting out of control, what are the first two things you should do?

1. \_\_\_\_\_

2. \_\_\_\_\_

This homework assignment was completed on \_\_\_\_\_ | \_\_\_\_\_

(DATE) (ADULT SIGNATURE)