



# Educator guide: Calming down lesson

## **Recommended for grades:**

2<sup>nd</sup> grade

## **Time:**

6 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning objectives:**

After completing this lesson, students will be able to:

1. Demonstrate in a role play situation one way to calm down when they are in a bullying situation and are angry.

## **Lesson description:**

In the Calming down lesson students learn about different feelings. They are led through a short activity with a chance to stand up and practice some ways to deal with anger. The techniques learned in this activity can be used when students need to do some movement to refocus their attention on learning.



**Vocabulary:**

Use the following list of vocabulary as a reference for yourself and your students as you complete the Calming down lesson. You may choose to use this list in any way that fits your needs.

- Brain break – taking a break during the day to do a little body movement so our brains can learn better and we get all of the wiggles out
- Bullying – when a person hurts another person on purpose, usually repeated over time and there is usually a difference in power
- Feelings – emotions such as being happy, sad, excited, scared or angry that can change throughout the day

# Supplemental activity: When I'm angry

## Objectives:

After completing this activity students will be able to:

- Demonstrate in a practice situation two different ways to calm down when they are angry.
- Identify ways to calm down when they are angry.

## Materials needed:

- Whiteboard or large piece of paper
- Pens, pencils or markers
- Several pieces of paper
- Jar, container or basket

## Time required:

15 minutes

## Instructions:

Brainstorm with students different ways to calm down when angry. The Calming down lesson gave students several different strategies for calming down when angry (slowly counting to 10, taking deep breaths, talking to someone about it etc.). Create a list on the chalkboard, whiteboard or large piece of paper so all students can see the entire list. Remind students that not all strategies will work for everyone and that they should think about which strategy or strategies would work best for them.

Using the list you created write each strategy on a separate slip of paper and put all pieces of paper into a jar, basket or other type of container. Each day have a student randomly pull out a piece of paper. Whichever strategy is on that piece of paper is the one you will practice together as a class. After practicing all of them discuss with students which one they think will work best for them. Has anyone had a chance to practice any of them in a real life situation? Did they work?



# Transcript

## Screen 1

Narrator: When you were younger you probably learned about different kinds of feelings or emotions. It's easy to name a bunch: Happy, sad, silly, jealous, nervous, excited or mad. Everyone has different feelings throughout the day and that's okay. Most emotions come and go without a problem, but sometimes we need help figuring out what to do with certain feelings. Today we're going to talk about some things you can do when you get angry.

## Screen 2

Narrator: Different situations might make you feel angry or mad. If you let your friend play with your favorite toy and they break it accidentally, that might make you angry. If your mom yells at you for something that wasn't your fault, that could make you angry, too. Or what if you saw someone getting bullied? That might also make you angry.

When you feel mad or angry in any of these types of situations, you might feel like you want to yell and scream, throw something or hit someone. That is never a good solution and may actually make things worse. Instead, we're going to learn some things you can do to try and calm down. Click on each friend to hear what they do when they're angry and need to calm down.

Raj: I count to ten when I'm feeling angry.

Mollie Mai: When I'm angry I talk to my mom about it.

Kate: When I get angry I like to kick the soccer ball around.

CJ: Drawing helps me calm down when I'm angry.

## Screen 3

Narrator: When you get really angry, usually your whole body feels it. Your hands may ball up into fists, your muscles may get tight and your face can pull into a sour frown. Let's all pretend we are angry and practice what our body does so we can figure out how to deal with it. Everybody make your best mad face. Really frown and scowl! Good, now ball up your hands into fists. No hitting anything, this is just pretend, remember. And clench your whole body so every muscle is tight!

Okay, relax! Let your whole body go loose, including your face. Ooh! That was hard, wasn't it? Doesn't it feel better to let that tight, angry face and body melt away? That is how you will feel when you learn to calm down during times of real anger.



## Screen 4

Narrator: When you get angry and mad in real life and you want a healthy way to calm down, here are some things you can try:

- Count to 10 to calm down.
- Take deep breaths. Breathing in through your nose and out through your mouth.
- Do something active, like 10 jumping jacks or even stretching your body.
- Draw a picture of your anger.
- Sing your favorite song out loud.
- Think about something that makes you happy, like your pet or going on vacation.
- Distract yourself by doing something else like playing a video game or taking your dog for a walk.
- Talk to your trusted adult or a good friend about why you feel angry.

Which of these ideas do you think might work for you?

## Screen 5

Narrator: Now we're going to practice a few ways to calm down.

First, let's all do our pretend angry face and body again: make your fists, tighten up your muscles and put on your angry face.

Now, everyone count to 10 slowly: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Are you starting to relax?

Now let's all take three deep breaths. Breathe in through your nose; breathe out through your mouth. Breathe in...and out. Breathe in...and out. Breathe in...and out.

Are you feeling calmer?

Let's try one more. Everyone stand up and make sure you aren't going to touch anyone else if you put your arms out. Now, let's all reach for the sky. And now slowly bend down to touch your toes. Don't forget to keep breathing!

Whew, that worked for me! I don't feel angry anymore. How about you?

## Screen 6

Great job! You have completed this activity.



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Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

