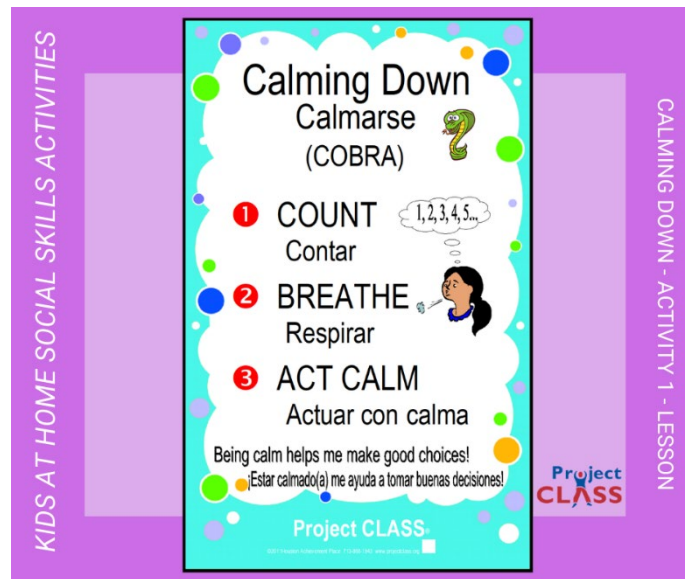


# Calming Down – Activity 1 – Lesson



## ***Purpose:***

We want to teach our child(ren) to Calm Down when they are angry. Managing their anger constructively will help them Make Good Choices, help build positive relationships, and promote life success.

## ***Materials:***

Image of Calming Down Poster

## ***Lesson:***

This week we teach how to Calm Down. Noticing when they are angry and then knowing how to Calm Down will help your child(ren) be more successful at home, in school and in the community.

First – Say the steps and have your child(ren) repeat them after you. You can create hand gestures to go along with the steps, which help the children remember.

Second – Talk about things that make your child(ren) mad, what happens to their body when they are mad, and why it is important to Calm Down.

Third – Practice. Role play a time when your child would need to Calm Down. For example, have your child(ren) pretend they are angry because someone just broke their favorite toy. Have them count and breathe slowly 10 times. Then they can demonstrate acting calm.

The following page has a printable poster of Calming Down.

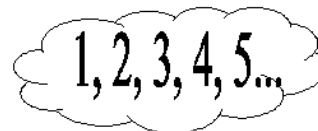
# Calming Down

## Calmarse

(COBRA)



**1** COUNT  
Contar



**2** BREATHE  
Respirar



**3** ACT CALM  
Actuar con calma

Being calm helps me make good choices!

¡Estar calmado(a) me ayuda a tomar buenas decisiones!

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