

# Calming Down – Activity 2 - Song



## ***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:***

Audio of Calming Down song

## ***Lesson:***

It is fun to learn things by singing. Now you can practice how to Calm Down with a song.

Play a song in English or in Spanish. Sing along and add follow the instructions.

## ***Audio:***

<https://projectclass.org/wp-content/uploads/2019/09/19-Count-Breathe-Calm-Down.mp3>

<https://projectclass.org/wp-content/uploads/2019/09/40-Spanish-Cuenta-y-Respira.mp3>