

Calming Down – Activity 3 - Practice



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:

Michael Gets Mad Cards - Ordering 1-10

Lesson:

Here is a great activity to practice Calming Down. This *Michael Gets Mad – Ordering Cards 1-10* is found in our Parent/Educator Guide on pages 21-22 for our book *Michael Gets Mad*.

Print out the cards or have your child(ren) draw the 10 images of Michael Calming Down and the Breath In, Breath Out, and Act Calm Pictures. Cut the pictures apart and have them put the cards in order. Then it is time to use the cards to practice Calming Down.

Parent/Educator Guide:

<https://projectclass.org/wp-content/uploads/2020/03/Teacher-Guide-Michael-Gets-Mad.pdf>