



Name: _____

How do you feel when someone puts you down? Sometimes when people say mean, disrespectful, or hurtful things to you they can make you feel sad, unimportant, small, bad, and even angry. It can be difficult to handle put-downs when you're feeling any of these strong emotions. With an adult family member, practise handling put-downs using the Ways to Calm Down.

The shoes

Your cousin just gave you a pair of shoes. You really like them, even if they're a little too big. Someone makes an insulting comment about them.

Practise all of the following Ways to Calm Down with your adult:

- Deep, centred breathing
- Count in your head
- Use positive self-talk

I would say to myself: _____

Think of an assertive statement to say in response to the put-down, then practise saying it to your adult.

When you can't get someone to stop putting you down, you need to ask an adult for help. Practise asking your adult for help with the situation in the shoes scenario.

Your own scenario

Practise all of the following Ways to Calm Down with your adult:

- Deep, centred breathing
- Count in your head
- Use positive self-talk

I would say to myself: _____

Think of an assertive statement to say in response to your scenario, then practise saying it to your adult:

Any time you can't get someone to stop putting you down, you need to ask an adult for help. Practise asking your adult for help in this situation.

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)