## Year 5, Unit 2 Lesson 9: Introducing Emotion Management



Name:		

It's time to use your reporting skills again! Today you're reporting on ways to calm down. How are you going to do that? Luckily, there is a great new song out called 'Calm Down.' Have an adult family member read the selected 'Calm Down' lyrics below, then ask your adult what he or she learned and complete your report.

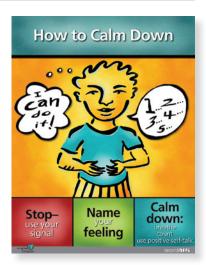
Stop, name your feeling, calm down Stop, name your feeling, calm down

(Stop! Give yourself a signal like stop, chill, hold up, hang on

You send a signal to yourself then stop!

(OK, now name the feeling. Are you angry? Embarrassed? Worried? Scared? Figure it out and name it.)

Just name that feeling, it's just the thing It slows you down and makes you think And then you start to calm right down By just breathing, using self-talk, or counting



## **Calming-Down Report**

What are some situations in which you need to calm down?				
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What are some of the strong feelings you no	eed to calm down dur	ing these times?		
What are some things you can do to help yo	ou calm down?			
Do you currently use any of the Calming-D	own Steps mentioned	in this song? Which ones?		
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