1st Grade PATHS Home Lesson 2

**Objective:** To learn and practice ways to calm down.

<table>
<thead>
<tr>
<th>Happy</th>
<th>Sad</th>
<th>Angry</th>
<th>Calm</th>
<th>Something else (draw your own!)</th>
</tr>
</thead>
</table>

**Activities / Lesson:**
Last time we learned about feeling scared or afraid and safe. Now we will learn how to calm down, when we feel scared or afraid. This also works if we are feeling mad or angry, worried or even too excited about something.

**Skill:** The Turtle Technique
At school, when we need to calm down, we practice doing the Turtle. You can do this at home too! Doing Turtle means folding our arms and going into our “shells.” We follow Three Steps to calm down:

1. We tell ourselves to STOP.
2. We take one long, deep breath.
3. We say the problem and how we feel.

**Tip:** Make sure you are taking big, deep breaths- feel your belly moving up and down.

**Challenge:** Go teach someone else in your home how and when to do Turtle; it might just help them when they need to calm down too.

Questions? Ask your School Counselors:
- Mrs. Beckel- Kendall: jbeckel@mtbaker.wednet.edu
- Mrs. Keskey- Acme: jkeskey@mtbaker.wednet.edu
- Ms. Losser- Harmony: hlosser@mtbaker.wednet.edu
There are many other ways to **calm** down.

1. Color in the ones you do now
2. Circle the ones you want to try
3. Cross off the ones that don’t work
4. In the free square, add your own idea of a way to **calm** down

<table>
<thead>
<tr>
<th>Take 3 deep breaths</th>
<th>Take a drink of water</th>
<th>Go on a walk</th>
<th>Read a book</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
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</tbody>
</table>

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<tr>
<th>Say something nice to yourself</th>
<th>Draw a picture</th>
<th>Talk to someone you trust</th>
<th>Dance or do 10 jumping jacks</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
<td><img src="image7.png" alt="Image" /></td>
<td><img src="image8.png" alt="Image" /></td>
</tr>
</tbody>
</table>

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<tr>
<th>Be silly and laugh</th>
<th>Play with a pet or hug a stuffed animal</th>
<th>Sing a song that you love</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image9.png" alt="Image" /></td>
<td><img src="image10.png" alt="Image" /></td>
<td><img src="image11.png" alt="Image" /></td>
</tr>
</tbody>
</table>

**Parent or Caregiver Support:**

- Talk to your son and daughter about what you do to help yourself **calm** down
- Relaxation exercise: put on some soft **relaxing** music during a work activity. Or, try practicing deep breathing with your child.
- Mention to children that if they feel **calm** while working, they are likely to do better work.

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