Objective: To learn and practice ways to calm down.

Activities / Lesson:
Last time we learned about feeling scared or afraid and calm or relaxed. 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.

There are a lot of things we can do when we are trying to calm down, one way PATHS teaches us to calm down is by doing Turtle. Doing Turtle means folding our arms and going into our “shells.”

We follow 3 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.

Try doing Turtle 3 times.

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

Challenge: Go teach someone 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
Here are some other ways to **calm** down.  
Can you add 3 of your own?

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<th>Take a Time-out</th>
<th>Color or draw</th>
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<th>Count to 10</th>
<th>Take a deep breath</th>
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<th>Write in journal</th>
<th>Listen to music</th>
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**Other Activities with Parent or Caregiver Support:**

Draw a place that feels **calm** or **relaxing** and hang it in your room, bathroom, on your fridge or somewhere you are a lot of the time.

_Turtle Salad:_ Put a leaf of lettuce on a small plate. Add a pear or peach half (cut side down). Add five small chunks of cheese for the legs and tail and two raisins for eyes.

_I Can’t Sleep Mobiles:_

Make Decorative mobiles to hang above your bed, so you have something soothing and positive to look at when you cannot sleep. For example:

- Cloud Mobile: use cotton balls and blue paper
- Star Mobile: paint stars and moons using cotton swabs and glow-in-the-dark paint on dark blue paper

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