

Social Emotional Learning

Lesson 2: Self-Management Calming Down

SEL Objectives:

- To understand why it is important to calm down
- To learn a specific technique to help us to calm down - breathing
- To develop a range of ways to calm down

Talking Points:

- Have you ever felt so angry or upset that you have said or done something that is 'Not OK? Discuss with your child.
- What were the consequences?
- How did this make you feel afterwards?
- How do you think the other person felt?
- Why is it important to calm down when we get upset?
- Explain: Many people, children and adults – have problems calming down when they are upset. Sometimes we all feel like this.
- Watch the 'Twiggle Learns to do Turtle' Story and discuss (see YouTube link below). Practise acting out 'Turtle'
- We can do something to stop us from doing those 'Not OK' things:
The 3 Steps for Calming Down -
 1. **STOP**
 2. **Take a deep breath (or more)**
 3. **Say the problem and how you feel**
- What other things can we do to make ourselves feel better and calm down? E.g. listen to music, read a book, go for a walk, play football, paint or draw, go somewhere quiet etc....
- Remember, it is important to calm down so we can think clearly and solve our problems.

Accompanying Video:

The Barnardo's SEL team have created a short video to help with the talking points above.

Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 28.4.20.

PATHS® Program LLC (<https://pathsprogram.com/>) have also created a helpful video-recording of the storybook 'Twiggle Learns To Do Turtle.' This can be accessed via <https://youtu.be/PUf2CgdRtKY>

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School: Sequence the 'Doing Turtle' Pictures

Age 4-7: Make a 'Calm Plan'

Age 7-11: Make a 'Glitter Bottle'

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting (see lesson 1) as part of your weekly routine.