

# Social Emotional Learning

## Lesson 7: Self-Management Managing Difficult Emotions

### SEL Objectives:

- To give children a strategy for controlling their own temper and calming down
- To teach the 3 Steps for Calming Down strategy
- To revise other effective calming down strategies

### Talking Points:

- We often say to children that they need to calm down but how often have you discussed ways of doing so with your child? One effective way is the '3 Steps for Calming Down' strategy.
  1. First, tell yourself to stop.
  2. Second, take a long deep breath.
  3. Third, say the problem and how you feel.Take time to talk through each step. Step 2 is about breathing techniques, there are many examples of these. One is simply breathing in through the nose and breathing slowly out your mouth. Remind your child that several deep breaths may be required when they are experiencing strong uncomfortable feelings such as anger or frustration.
- Discuss with your child the phrase '*to lose your temper*'. Ask what they think it means and to give examples of when this has happened to them. Support their understanding of how losing your temper is what happens when you are angry or upset and choose a 'Not OK' behaviour such as shouting or hitting.
- Share with your child a time when you felt angry or sad and did not use the 3 Steps for Calming Down. Discuss how your choice of behaviour made the situation worse or did not resolve the problem. Explain that when both adults and children get cross or angry, they often end up doing the first thing they feel like doing. This behaviour is usually a 'Not OK' choice and we should be taking time to calm down first and then think of a better way of solving our problem. Ask your child to suggest some of the things you could have done to calm down first.



- Modelling the 3 Steps for Calming Down is so important and allows children to learn and understand when it should be used. Try to model a few times a day by talking aloud each step.
- The video <https://www.youtube.com/watch?v=dNfd8WFDBAY> tells the story of Sophie and what she does to calm down when she is feeling a difficult emotion. Some questions for discussion after the story:
  - *‘Sophie’s roar is described as a ‘red roar’. Why do you think the author has used this colour to describe it?’*
  - *‘Sophie’s temper is compared to a volcano. Can you describe what your temper feels like inside you?’*
  - *‘What did Sophie do to help her calm down? What other things could Sophie have tried to help her calm down?’*
  - *‘Do you think you could try the 3 Steps for Calming Down the next time you feel really cross or upset at me/ siblings/ friends?’*
  - Try practising the 3 steps together.

### **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](http://www.facebook.com/pathseducation) and <https://twitter.com/PATHSEdUK> on 01/06/2020.

### **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:	Emotion Reading & Painting
Age 4-7:	Calm Zone Design
Age 7-11:	A Simple Stress Ball

### **Reminders:**

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