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Grade 5, Unit 2 Lesson 10: Calming Down



Name:		

You are an emotion doctor. You specialize in calming down strong feelings. Today your patient is an adult family member.

Give your adult the routine calming-down checkup. With your adult, practice each of the Ways to Calm Down on the checklist below.

Patient's name:	Reason for visit: Routine calming-down checkup
A situation in which you may need	d to calm down:
When you need to calm down, sta	art with the following (practice each step):
☐ Stop—use your signal. What's	your signal?
■ Name your feeling. The situati	ion above makes you feel:
Calm down:	
Repeat as necessary: Sit of your stomach—that's just breathing as you take a be stomach moving as you of	following with the patient to practice deep, centered breathing. down and close your eyes or look at the floor. Put your hand on st above your belly button. Now focus your attention on your breath deep into the lower part of your lungs. You should feel your do this. Now breathe out through your mouth slowly and with can feel your hand moving out and in as you breathe.
Count. Count backward	from ten.
-	nat is something positive you can say to yourself in the situation calm down?
The patient has successfully co	ompleted the calming-down checkup.
The patient has successiony co	impleted the calling down encekup.

This homework assignment was completed on

(DATE)

(ADULT SIGNATURE)