



Lesson Concepts

- Calming down helps you stay focused and on task at school.
- Using positive self-talk helps you stay focused and on task so you can be a better learner.

Key Words

On task, annoyed, jealous

Objectives

Students will be able to:

- Identify situations that require the use of the Calming-Down Steps
- Demonstrate using the Calming-Down Steps in response to scenarios
- Use positive self-talk to stay focused and on task in response to scenarios

Materials

- DVD player and monitor or computer with speakers, projector, and screen
- Grade 2 DVD
- Lesson Card 15
- Following Through Cards 4 and 16
- How to Calm Down poster
- Skills for Learning cards: Focus Attention, Use Self-Talk (use others as needed)
- Doodles, set of 6 (see Teaching Notes)
- Garbage can

Why This Lesson Matters

The ability to stay on task and complete assignments is integral to academic success. This lesson applies Calming-Down Strategies students have learned to this important challenge. Once students get control of themselves by calming down, they can use positive self-talk to stay focused and finish a task.

Teaching Notes

If you don't think your floor will have enough bits of garbage for students to pick up during today's Brain Builder, plant pieces of torn-up paper all over the floor.

If you do not have the Doodle Dance doodles left over from Lesson 4, go online to www.secondstep.org to download them, or draw your own.

Warm-Up

Introduction and Review

Show Lesson Card 15. Use the Wrap-Up to review. **Today you're going to practice calming down when you need to focus and stay on task at school.**

Have students stand up. **Let's do the Calm It Down Dance. Say each Way to Calm Down as you do its dance movement.** Model the dance movements for each Way to Calm Down.

Play the Calm It Down Dance video.

Brain Builder: Doodle Dance

Let's play the Doodle Dance game! First, we have got to pick up the floor! Give students the directions below, then allow them time to complete the task.

1. Pick up one piece of garbage from the floor.
2. Bring it here and put it in the garbage can. Hold up the can.
3. Sit and wait for others to finish, without talking or moving.

Thanks for helping clean up our classroom! Thumbs up if it was hard to pick up garbage and then wait to play the game. Comment on the number of thumbs up. **It's hard to stay on task when you really want to do something else. Today you're going to practice calming down when you need to focus and stay on task. It will help you be a better learner. Now let's do the Doodle Dance!** See Following Through Card 4 for directions.

Story and Discussion

Have students sit down. Show the photo. **This is Tanisha. She has a mess to clean up, too. On Friday in Tanisha's classroom, students must clean out their desks before they can have choice time. Tanisha loves choice time, but her desk is really messy this week. It's going to take her a while to clean it out before she can join in.**

1. How does Tanisha feel? (Angry, annoyed, frustrated.) **How can you tell?** (Her mouth is open. Her hands are out. Her shoulders are hunched. The situation.)

2. Point to places on your body where you think Tanisha is feeling her strong feelings. (Various answers.) Acknowledge students as they point to different body parts.



Tanisha

Tanisha's feelings are so strong, part of her wants to just sit at her desk and do nothing. Listen to her negative self-talk: "I hate cleaning out my desk. It's not fair! I just want to do what I want, but...aaargh. It's too messy. It'll take forever! Those other kids are so lucky."

3. Show thumbs up or down if Tanisha's negative self-talk is helping her. (Thumbs down.) **Tanisha is feeling very annoyed and jealous. Her negative self-talk is making her feelings even stronger. She is having trouble focusing her attention to think about how to clean out her desk.**

4. How can Tanisha calm down so she can stay focused and on task? Give think-time. **Let's say what Tanisha can do, together.** Point to the How to Calm Down poster. (Stop. Name her feelings. Calm down.) **Tanisha uses self-talk to stop and name her feelings: "Be cool! I feel annoyed and jealous."** Then she does some belly breathing to calm down. Model belly breathing. Show the Focus Attention card. **Now she's ready to focus her attention.**

5. Tanisha needs to focus her attention and stay on task so she can clean out her desk and enjoy choice time sooner. Think about what Tanisha can do to stay on task. (Focus attention. Use positive self-talk.) Show the Focus Attention and Use Self-Talk cards. **Tanisha is ready to focus her attention and stay on task.**

6. Think of positive self-talk Tanisha can use to focus her attention and stay on task. Give think-time. **Turn and tell your partner your ideas.** ("Focus! I can

do this. Pick a spot and start cleaning. Start with these loose papers.") **By staying calm and focused, Tanisha gets the task done. She keeps using the Calming-Down Steps to help her.**

Skill Practice

Let's practice calming down when we need to focus and stay on task. Use the How to Calm Down poster to help. Show the Focus Attention and Use Self-Talk cards. **I will remind you to focus your attention and use positive self-talk with these cards.**

EXPLAIN and MODEL the steps below, using the first scenario and a student as Partner A and yourself as Partner B. Circulate and observe. Cue skill use with the Skills for Learning cards. If students need more support, model each scenario and coach students about what to say.

1. Read the scenario out loud.
2. Have Partner Bs stop and name their feeling.
3. Have Partner As say, "Focus! Stay on task!"
4. Have Partner Bs say self-talk in response to the scenario.
5. Call on a few pairs of students to demonstrate.
6. Have students switch roles for each new scenario.

Scenarios

- Your teacher tells you to stay in at recess until you finish your homework.
- Your P.E. teacher says you have to put away the rest of the balls before you can play the game.
- Your teacher tells you to finish your writing before you draw the picture for your story.

Wrap-Up

Today you learned that calming down helps when you need to focus and stay on task. Once you're calm, how can you stay focused so you can get a task done? (Focus attention. Use positive self-talk.) **Positive self-talk helps you finish a task so you can do the things you really want to do. In our next lessons, you'll be using all your skills to solve problems.**

Following Through: Skills and concepts are retained best when regularly practiced and reinforced. See Following Through Card 16.