**LESSON: Emotional Regulation Skills – *Calming Down When Things Go Wrong***

**OUTLINE**

1. School can be fun – what kinds of things do the students like at school?
2. Usually everything is fine at school – how do the students feel?
3. Sometimes things go wrong – how do the students feel?
4. When students feel upset, they need to calm down. Some strategies to try:
* Take 5 slow deep breaths
* Close your eyes
* Count slowly to 10
* Squeeze a ball
* Ask to take a break – get a drink
* Get back to having fun!
1. What other strategies can the students come up with?
2. So What Do You Think?
3. ACTIVITY: Calming Yoga Exercises
4. Lesson Summary Card

**MATERIALS NEEDED:**

* Facilitator’s Guide
* ACTIVITY Sheet – Yoga poses
* Lesson Summary Cards
* Homework Sheet - optional