

Word of the Month-Calming Down: “When you feel strong feelings, you can use these steps to help you calm down: 1. Stop-use your signal 2. Name your feeling 3. Calm down by: breathing, counting, using positive self-talk.

- **Week 17 Morning Announcement-Strong feelings:** “When you have strong feelings, it’s hard for your brain to think clearly. The feeling part of the brain can take over! When this happens, it’s like you “flip your lid” or lose control of the thinking part of your brain. Try to focus your attention on your body for clues about how you’re feeling. This gets your brain thinking again, so it can start to take back control.”
- **Week 18 Morning Announcement- Belly Breathing:** “Taking deep breathes or “belly breathing” is a quick and simple way to calm ourselves down. When you have a strong feeling try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and when you breathe out. Breathe in slowly through your nose and out through your mouth.
- **Week 19 Morning Announcement-Handling Making Mistakes:** “Everyone makes mistakes, even grownups! Mistakes help you learn, because they show you what you need to practice more. Making a mistake can trigger a strong feeling, if so, it’s important to calm down. Notice if you make a mistake today, how do you feel? What can you learn from that mistake?
- **Week 20 Morning Announcement-Frustration:** “When you’re doing something difficult, or trying to master something new, it’s common to feel frustration. Frustration is not a comfortable feeling to feel. Often our muscles are tense, you might even want to shout! When you feel frustrated, it’s important to calm down by: taking a deep breathe, counting, using positive self-talk, walking away, or taking a break. What’s your favorite way to calm down when you feel frustrated?

Word of the Month- Self-Talk: “Self talk is talking to yourself in a quiet voice or in your head. Using self-talk helps you stay focused and manage strong feelings.”

- **Week 21 Morning Announcement- Managing Anxious Feelings:** “Anxiety is a general feeling of worry or unease about a situation. Negative self-talk can make strong feelings of anxiety even stronger. When you feel really worried and anxious about something, calming down helps. What is something you feel anxious about?”
- **Week 22 Morning Announcement-Handling Put -Downs:** “How do you feel when someone puts you down? Sometimes when people say mean, disrespectful, or hurtful things to you they can make you feel sad, unimportant, and even angry. It can be difficult to handle put-downs when you’re feeling a strong emotion. Practice using the Ways to Calm Down the next time someone says something mean to you. You can calm down by breathing, counting or using positive self-talk.
- **Week 23 Morning Announcement-Avoiding Jumping to Conclusions:** “When you jump to conclusions, you believe you know what is going on or make decisions without having all the information. When your emotions are out of control, it’s easy to jump to conclusions. When you notice that you are jumping to conclusions practice using the calm down steps: 1. Stop, use your signal. 2. Name your feelings 3. Breathe, count, use positive self-talk.
- **Week 24 Morning Announcement-Finishing Tasks:** “It can be difficult to finish tasks sometimes. Using positive self-talk helps you stay focused and on task so you can be a better learner. What can you think to yourself to help you stay focused? Think of a time today when you can use self-talk to keep you focused. “