

Worksheet for Life Lesson 2: Making Yourself Heard by Staying Calm

Home Practice Sheet

Face it, chances are something will come up this week, and you will get angry, worried, or disappointed. That will give you a chance to practice how to calm down. When you start feeling angry, worried, or disappointed, STOP, suck in some air and let it out (10 good breaths), and say nothing until you can answer these two questions:

1. What do you want?
2. What can you do to make it happen?

Remember, SAY NOTHING until you are breathing and you can answer these two questions. Once you're able to answer these questions, it means your brain is in gear, and you can go up to your parent (or whoever else triggered your reaction) and begin to work things out. How many times did you try breathing in and out instead of blowing up? Challenge yourself over several weeks to tip the balance toward calming yourself and staying in control. Put a checkmark in the box each time you do one of the following to help keep track:

	Breathed in and out 10 times	Calmed down	Figured out what I wanted	Talked it over and worked it out!	Blew up	Apologized and made up
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						