



Name: \_\_\_\_\_

It's time to use your reporting skills again! Today you're reporting on ways to calm down. How are you going to do that? Luckily, there is a great new song out called "Calm Down." Have an adult family member read the selected "Calm Down" lyrics below, then ask your adult what he or she learned and complete your report.

*Stop, name your feeling, calm down  
Stop, name your feeling, calm down*

*(Stop! Give yourself a signal like stop, chill, hold up, hang on*

*You send a signal to yourself then stop!*

*(Okay, now name the feeling. Are you angry? Embarrassed? Worried? Scared?  
Figure it out and name it.)*

*Just name that feeling, it's just the thing  
It slows you down and makes you think  
And then you start to calm right down  
By just breathing, using self-talk, or counting*



**Calming-Down Report**

What are some situations in which you need to calm down? \_\_\_\_\_  
\_\_\_\_\_

What are some of the strong feelings you need to calm down during these times? \_\_\_\_\_  
\_\_\_\_\_

What are some things you can do to help you calm down? \_\_\_\_\_  
\_\_\_\_\_

Do you currently use any of the Calming-Down Steps mentioned in this song? Which ones? \_\_\_\_\_  
\_\_\_\_\_

This homework assignment was completed on \_\_\_\_\_ | \_\_\_\_\_  
(DATE) (ADULT SIGNATURE)