



Name: _____

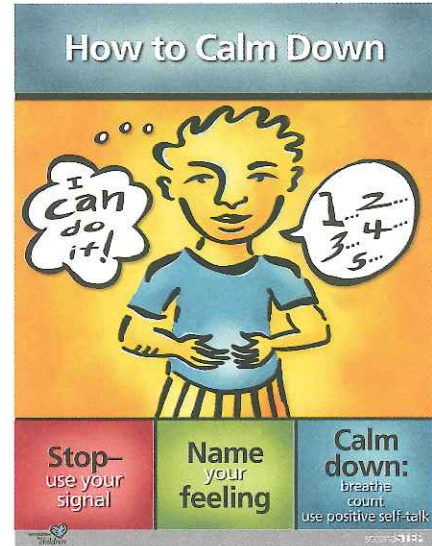
You are a relaxation instructor. Your job is to help people calm down when they are feeling strong emotions, like anger. Today you will lead an adult family member through the Calming-Down Steps. Then you will show your adult your specialty—deep, centered breathing—as a way to calm down.

1. First, ask your adult to think about situations that make him or her feel angry.

Your adult feels angry when: _____

2. Remind your adult that when he or she is feeling angry, it's important to use a stop signal and name the feeling.

What is your adult's signal? _____



Have your adult name his or her feeling. _____

3. Now it's time to teach your adult to calm down by using deep, centered breathing. Have your adult follow along with you as read the following and demonstrate the deep breathing as done in class. Practice as many times as you and your adult need to!

Sit down and close your eyes, or look at the floor. Put your hand on your stomach, just above your belly button. Focus your attention on your breathing as you take a breath deep into the lower part of your lungs. You should feel your stomach moving out as you do this. Now breathe out through your mouth slowly. Use your hand to make sure you can feel your stomach moving as you breathe.

Deep breathing works by bringing more oxygen into your lungs and bloodstream, which helps you to slow down your breathing. This, in turn, slows your heart rate and makes you feel calmer.