

Calm-Down Strategy Lab

Grade 5 | Social-Emotional Learning | Skill: Match coping strategies to situations

Directions: Choose a safe, helpful strategy for each situation. Explain why it could help.

1 Build your strategy toolkit

A. Take five slow breaths

B. Ask for a short break

C. Use helpful self-talk

D. Break the task into steps

2 Choose and explain

1. A math page feels overwhelming.

Strategy letter: ____ Why: _____

2. You feel nervous before presenting.

Strategy letter: ____ Why: _____

3. The room becomes too noisy to focus.

Strategy letter: ____ Why: _____

4. You make a mistake and want to quit.

Strategy letter: ____ Why: _____

3 My personal plan

When I notice stress, I can _____

A calm plan helps your brain get ready to learn!