

My Cool-Down Bookmark

Time needed: 20-30 minutes

Recommended Level: All grades

Categories: Awareness, Empowering

Common Core Standard (s): Writing, Language

Purpose: Students will identify what triggers their anger and will learn to avoid getting angry.

DISCUSSION:

Talk with students about what “triggers” are. Explain to the students one of your own triggers and what strategies you use to cool down. Tell them that it takes a stronger person to walk away from a bully rather than to give him/her what he/she wants - which is to get angry.

ACTIVITY:

Set up craft with objects such as string, cardstock, markers, crayons, etc. Allow students to create a bookmark on what triggers them on the front side of the bookmark. On the back side of the bookmark have them write what helps them to cool down, such as taking deep breaths, walking away, reading a book, etc.

FOLLOW-UP:

Have the class get back together to share its bookmarks. Some students may wish to keep theirs private which is okay as well. Tell the students that both cool down techniques and triggers are good things to recognize about ourselves. Having these bookmarks in a book that we use frequently is a constant reminder on how to handle our trigger. The easier it is to handle our trigger, the easier it is to control our anger. Controlling ourselves and cooling down help us to avoid giving bullies attention.



Helping Everyone with Anti-Bullying,
Respect & Tolerance

Duplication and distribution of this lesson plan is permitted and encouraged.

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