



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

When you jump to conclusions, you believe you know what is going on or make decisions without having all the information. When your emotions are out of control, it's easy to jump to conclusions. Today you are going to coach an adult family member on how to avoid jumping to conclusions by using the Calming-Down Steps. Then your adult will coach you.

**Scenario 1**

Read the scenario below to your adult. Then write his or her answers in the spaces after each question.

You find a book that you've been looking for in your child's room—and it's all wet! You assume your child got it wet. You need to calm down. First you stop and give yourself a signal (write your signal here):

\_\_\_\_\_

How are you feeling? \_\_\_\_\_

You take three deep breaths, then use positive self-talk to calm down. You say to yourself:

\_\_\_\_\_

Then you find out that your child found the book on the floor by the sink, and was trying to dry it off for you.

**Scenario 2**

Have your adult read the scenario below to you. Then have him or her write your answers in the spaces.

Your adult is always coming into your room to clean. Now you are in a big hurry and you can't find the backpack you usually keep next to your bed. You assume that your adult took it. You need to calm down. First you stop and give yourself a signal (write your signal here):

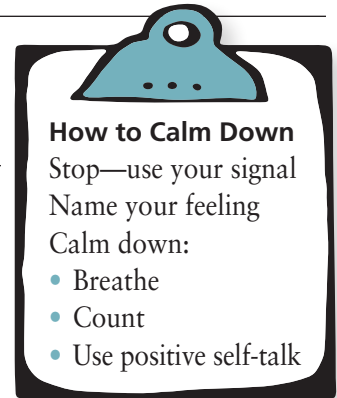
\_\_\_\_\_

How are you feeling? \_\_\_\_\_

You take three deep breaths, then use positive self-talk to calm down. You say to yourself:

\_\_\_\_\_

Then you find the backpack under your bed, where it had been pushed when you were getting ready for bed.



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