

***Calm Myself* (Elementary)**

Have you ever felt nervous or scared when you were about to do something? Maybe you had to sing a song or play a musical instrument in front of others, or maybe you got really nervous when you had to read out loud at school. When you feel nervous, upset, or scared, you can practice the strategy ***calm myself*** by sitting quietly and taking deep breaths. When you are trying to learn something that is really hard and you start to feel your heart beat really fast or your palms get sweaty and your fingers feel shaky, this is your body's way of telling you that you are experiencing emotions. When you start to experience these signals, remember to use the strategy ***calm myself***.

You can practice this now by breathing deeply and counting to 4. As you breathe in, raise your arms above you to form a rainbow and count to 4 slowly. As you breathe out, lower your arms slowly, counting to 4. Let's do it together: breathe in, 1, 2, 3, 4; breathe out, 1, 2, 3, 4; breathe in, 1, 2, 3, 4; breathe out, 1, 2, 3, 4; breathe in, 1, 2, 3, 4; breathe out, 1, 2, 3, 4. How are you feeling now? What has changed with your body and your mind? I'm guessing that you feel calmer.

Your rainbows will help you keep trying and not give up. Using the strategy ***calm myself*** will help you believe you can do hard things and build stronger self-efficacy! The next time you feel frustrated or scared, use the strategy ***calm myself*** to build your self-efficacy.