LESSON 2

Getting ready to respond

Tools to help your body calm down



What helps you when you start to feel upset?

Think quietly, then share with a partner if you want.

You can still feel upset and choose a safe next step.

1. NOTICE

Your early warning signs

Notice what changes when you start to feel upset.

In your body

A tight jaw, tense shoulders, or a faster heartbeat.

In your thoughts

Thoughts race, or it gets harder to focus.

What is one sign you might notice?

Your signs may be different from someone else's.



2. PAUSE

Words for taking a pause

Give yourself time before you speak, act, or hit send.

“I need a minute before I answer.”

“Can I take a short break? I will come back to talk.”

How could you ask for a pause at school?

Follow your school’s break routine and make a plan to return.



3. REGULATE

A grounding practice

Try this for about 30 seconds.

1. Feel your feet on the floor.
2. Notice three things you can see.
3. Take a slow, comfortable breath.
4. Notice how your body feels now.

Do you feel more ready to think?

You can keep your eyes open. If breathing feels uncomfortable, focus on your feet or what you can see.



4. RECHECK

Am I ready to respond?

You can still feel upset. Check what you can do now.

Can I listen to the other person?

Can I think of more than one way to respond?

Can I choose a safe next step?

What happened? What am I guessing?

If you are not ready, take more time, try another tool, or ask for help.



5. RESPOND

Returning to the problem

When you can think more clearly, choose your next step.

- Explain what happened and what you need.
- Listen to the other person's response.

"That comment hurt. Please stop."

What could you say without making the problem bigger?

If there is bullying, a threat, or you feel unsafe, get adult help.
You do not have to handle it alone.



PARTNER PRACTICE

Using your tools

Scenario:

A classmate takes your seat and says, ‘Sit somewhere else.’ Your shoulders tense, and you want to yell.

With a partner, talk through your next steps.

1. **NOTICE:** What is your early warning sign?
2. **PAUSE:** What could you say?
3. **REGULATE:** What tool could you try?
4. **RECHECK:** How will you know you are ready?
5. **RESPOND:** What could you do next?

Use the scenario. You do not need to share a personal experience.



WORKSHEET 2

My Lid Plan

Make a plan you can use at school.

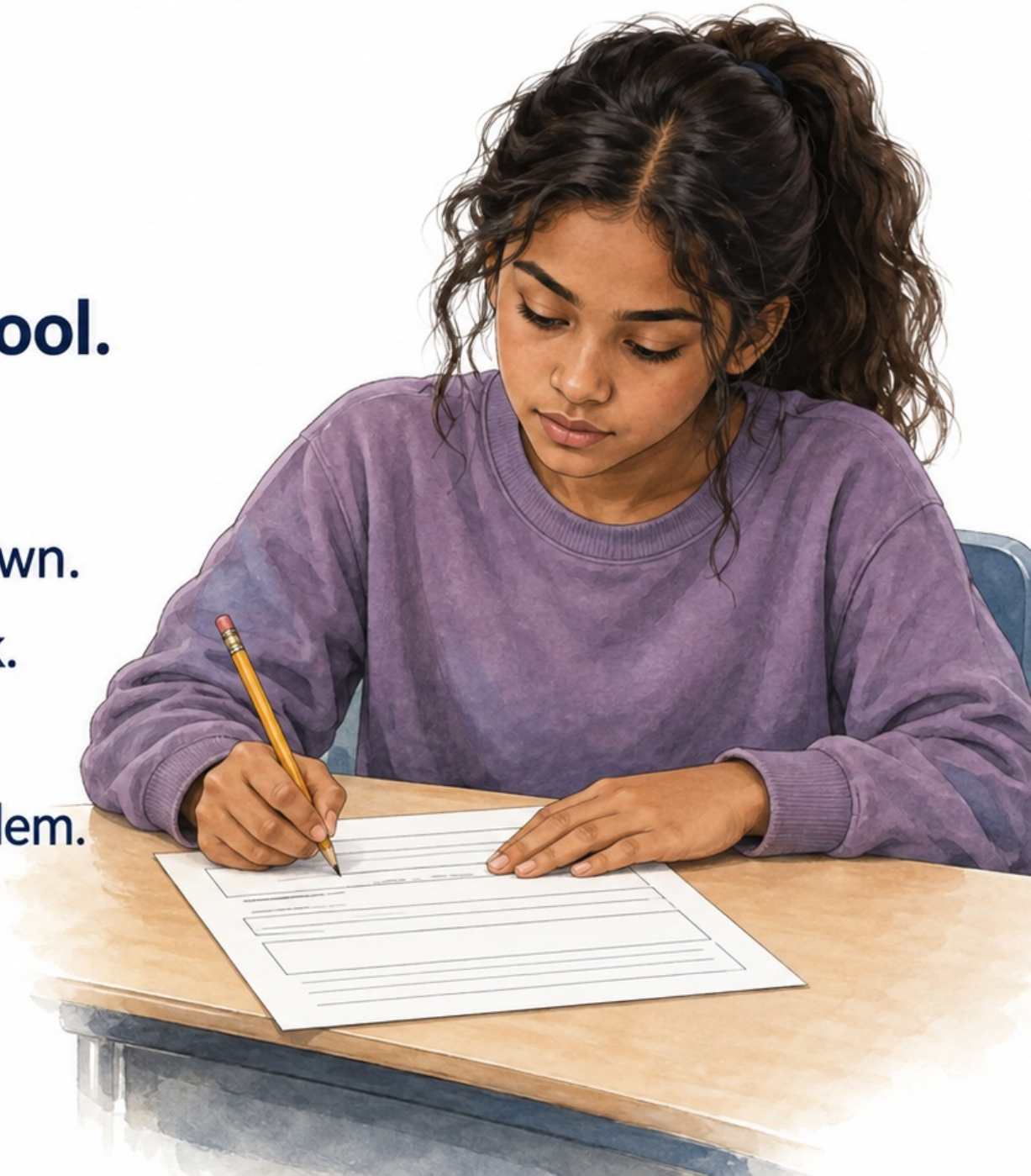
Write down your warning signs.

Choose two ways to help your body calm down.

Choose words you can use to ask for a break.

Name an adult who can help.

Plan when and how you will return to the problem.



Which tool could you use first?

Personal sharing is optional. You may use a made-up person.

LESSON 2 REFLECTION

My next step

Finish these sentences:

When I notice _____, I can pause.

One tool I can try is _____.

When I am ready, my next step could be _____.



How could a pause change what happens next?

You can use a made-up example. Personal sharing is optional.