**Beyonce’s Certified Calm Down Teacher Strategies**

**When a teacher corrects me, I will …**

**STEP 1: Recognize how I’m feeling.**

I will put my hand on my heart and tell myself in my brain, “I’m feeling frustrated.”

**STEP 2: Take 5 silent RISING breaths.**

* Keep my hand on my heart.
* Breathe silently so that my chest rises.
* Count from 5 to 1.

**STEP 3: Make a choice to keep trying.**

* Consider my choices and the consequences.
* Make the right choice.
* Tell myself, “Keep trying.”

**STEP 4: Focus my eyes on the teacher to figure out what I should be doing.**

**STEP 5: Start again!**