



**Student Activity: Time for a Rewrite!**  
*Downshift to a lower gear, with help from your body*

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**Assignment**

What if our character was able to use some self-calming strategies to balance his/her emotional intensity?

In this activity, you will revisit the scene we've been discussing and imagine an alternative outcome, one in which your character takes a moment to walk away from the action and comes back armed with some powerful new ways to rein in his/her emotions.

You (or your group) will present an alternative outcome to the scene in either written or dramatic form.

**Step 1:** Re-read the scene in question and give the character some strategies for self-calming. Refer to the Student Reading Assignment to get some ideas. What self-calming strategies best fit the character's personality and needs? Which ones are practical for the situation he/she is in? Decide which self-calming strategies your character will use.

**Step 2:** Imagine what would happen when the character actually uses your strategies. Develop a scene – written or dramatic – that shares the new outcome you've imagined.

**Step 3:** Write and practice the scene. If you are writing the scene, try to use the same tone, diction, and style as the author. If you will be presenting a skit or other dramatic work, develop a script and practice with your group.

**Step 4:** Present the scene (written or dramatic) for the class.