Lesson 14: Calming Down Anger

What Is My Child Learning?

Your child is learning that belly breathing calms down strong feelings. Belly breathing pushes the belly out when you breathe in. Your child is also learning that being mean or hurting others when they are angry is not okay.

Why Is This Important?

Calming-Down Steps can help children manage strong feelings. Belly breathing helps lower blood pressure and heart rate, which calms the body. (Noisy, fast breathing and breathing from the chest can cause children to feel more upset.)
This is a great time for your child to manage their emotions with Calming-Down Steps. Your child may be feeling a lot of emotions right now, and teaching him or her emotion-management skills will help now and in the long term.

Vocabulary

Practice these words with your child before or during the lesson:

- Belly Breathing: Put your hands on your tummy and watch them. As you breathe in, your tummy moves out, and as you breathe out your tummy moves in. This is called “belly breathing.” It helps calm you down.

After the Lesson

- Play the Brain Builder game “Move or Wait, Version 1” with your child. Have your child practice Calming-Down Steps at the end of the game.
- Have your child draw a picture of themself with their hands on their tummy. Have them describe belly breathing and how it feels.

Daily Practice

Try doing these activities with your child to help reinforce what they’ve learned:

- Play a very active, energetic version of “Move or Wait, Version 1.” Have your child practice Calming-Down Steps at the end of the game.
- Play a challenging version of the “Move or Wait” Brain Builder game with your child.
- Have your child draw a picture of themself with their hands on their tummy. Have them write a word about or describe to you a time they calmed down using belly breathing.
Create a Second Step Account

1. Go to www.secondstep.org
2. Under New Users, click “Create Account”
3. Complete the required fields
4. Add Program Activation Key: SSP1 FAMI LY71

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