

Lesson 15: Self-Talk for Calming Down

What Is My Child Learning?

Your child is learning that some feelings are strong and need to be managed. Your child can manage strong feelings by saying “stop,” naming the feeling, then using belly breathing and positive self-talk to calm down.

Why Is This Important?

When your child has strong feelings, they have a harder time thinking clearly and paying attention. When your child is calm, they are better able to learn.

This is a great time for your child to practice managing emotions with the Calming-Down Steps, including positive self-talk. Your child may be feeling a lot of emotions right now and teaching them steps to calm down those strong emotions can be very helpful.

Vocabulary

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

- Self-Talk: talking to yourself rather than out loud
- Jealous: wanting to be able to do or have what someone else is doing or has
- Positive Self-Talk: saying good things to ourselves
- Negative Self-Talk: saying bad things to ourselves

After the Lesson

- Play Simon Says with your child and make it difficult for them. If there are other people at home you can play with them, too.
- Work with your child to complete the lesson [Home Link](#).

Daily Practice

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

- Play [“The Anger Song”](#) and practice the Calming-Down Steps, including positive self-talk.
- Have your child draw a picture of a time when they had a strong feeling. Have them write or copy two or three positive self-talk statements they could use to calm down from that feeling.

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1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
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