Lesson 16: Managing Worry

What Is My Child Learning?
Your child is learning how to manage worried feelings using different Ways to Calm Down, such as belly breathing, using positive self-talk, and counting. Your child is also learning that it helps to talk to a trusted grown-up.

Why Is This Important?
When your child has strong feelings of worry or anxiety, it’s hard for them to focus their attention and learn. Your child may be feeling a lot of worry at this time. This lesson will help your child calm down so they can better manage worried feelings.

Vocabulary
Practice this word with your child before or during the lesson:

- Worried: feeling scared or nervous about something that might happen

After the Lesson
- Play the Clap & Count Brain Builder with your child and have them show you the pattern in reverse.
- 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 Ways to Calm Down, including positive self-talk.
- Play “The Calm-Down Song.”
- Practice all three Ways to Calm Down: breathe, count, and use positive self-talk.
- Have your child draw a picture of a time when they were worried. Then have them write or copy two or three sentences about what they can do to calm down when they’re worried.
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: SSP1FAMI LY71

The Second Step Family Resources (individually or together, the “Resource”) are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given to or sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource.

© Committee for Children 2020

Second Step is a registered trademark of Committee for Children