

Lesson 14: Managing Anxious Feelings

Lesson Concepts

- Negative self-talk can make strong feelings even stronger.
- When you feel really worried and anxious about something, calming down helps.
- Using positive self-talk can help you calm down.

Objectives

Students will be able to:

- Generate positive self-talk they can use to calm down in response to scenarios
- Use positive self-talk to calm down in response to scenarios

Why This Lesson Matters

Self-talk affects how people feel and can reduce or increase negative feelings. In this lesson, students learn to identify negative self-talk and practice using positive self-talk to stay calm and manage anxiety. When students become overwhelmed by anxiety, their ability to handle academic stresses deteriorates, and they become even less effective at handling further challenges. Managing anxiety effectively can help students be more successful in school.

Before the Lesson

Before the lesson have students practice belly breathing. You can ask them to model it for someone in their home and write examples of times when it would be useful to use belly breathing as a strategy to manage their emotions.

After the Lesson

Have students complete the activity below with someone at home.

Instructions:

1. Read the scenario
2. Write down the positive self-talk you would use to calm down in each scenario
3. Talk about each scenario with the person in your home and tell them how you would respond and why

Scenarios:

(Examples of self-talk in parentheses)

- It's been a few weeks since you've seen your friends, and you're anxious about not seeing them. (I'll get to see them soon!)
- You're last up to kick in the kickball game, and the score is tied. You're worried you'll let down your team. (I can do this!)
- It's your turn to present your book report, and you feel really anxious and can't remember what to say. (Focus. I can remember!)

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Have students practice changing examples of negative self-talk to positive self-talk for calming down. (Examples of negative self-talk: "This is impossible." "I'll never catch up." "I'm so dumb." "My ideas stink." "No one will listen to me.")
- Ask families to play the [Freeze Frame, Version 1 Brain Builder](#) with challenges. Have students use positive self-talk to help them stay still and handle an elimination.
- Have students complete the [Weekly Skill Check](#). Sample check-in statements:
 - Positive self-talk helps me calm down.
 - I can calm down when I'm worried.

See the lesson [Following Through Card](#) for more ideas about how to build on key lesson concepts.

Need to register on SecondStep.org, but don't have your registration PAK?

Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP2 FAMI LY72

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

