Lesson 14: Managing Anxious Feelings

What Is My Child Learning?
Your child is learning that negative self-talk can make strong feelings even stronger. Your child is also learning that when they feel really worried and anxious about something, calming down helps, and using positive self-talk can help them calm down.

Why Is This Important?
Self-talk affects how people feel and can reduce or increase negative feelings. In this lesson, your child is learning to identify negative self-talk and practice using positive self-talk to stay calm and manage anxiety. When your child becomes overwhelmed by anxiety, their ability to handle academic stresses deteriorates, and they become less effective at handling challenges. Managing anxiety effectively can help your child be more successful in school.

After the Lesson
Have your child 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!)
**Daily Practice**
Try doing these activities with your child to help reinforce what they’ve learned:

- Have your child 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.”)
- Play the [Freeze Frame, Version 1 Brain Builder](#) with challenges. Have your child use positive self-talk to help them stay still and handle an elimination.
- Have your child 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.

**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: SSP2 FAMI LY72

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