

GRADE
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Lesson 15: Managing Anger

What Is My Child Learning?

Your child is learning to manage strong feelings, such as anger, by using the Ways to Calm Down.

Why Is This Important?

When their strong feelings are under control, your child is better able to think clearly and avoid hurting others people's bodies or feelings.

Read Together

Everyone gets angry sometimes. Feeling angry is natural, just like all feelings are natural. You can use the Ways to Calm Down found on the [How to Calm Down mini-poster](#) to help you manage your anger so you don't do something hurtful. After you stop and name your feelings, try one or more of the following Ways to Calm Down:

- [Belly breathing](#)
- Using positive self-talk
- Counting

After the Lesson

- Have your child practice using counting to calm down when they get frustrated or upset.
- 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 [Freeze Frame, Version 2 Brain Builder](#) with your child. Have your child use counting to calm down and wait to rejoin the game.
- Have your child complete the [Weekly Skill Check](#). Sample check-in statements:
 - Counting helps me calm down.
 - Calming down when I'm angry is important so I don't hurt someone.

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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