Lesson 16: Finishing Tasks

What Is My Child Learning?
Your child is learning that calming down helps them stay focused and on task at school. Your child is also learning that using positive self-talk helps them stay focused and on task so they can be a better learner.

Why Is This Important?
The ability to stay on task and complete assignments is important to academic success. This lesson applies Ways to Calm Down your child has learned for this important challenge. Once your child gets control of themselves by calming down, they can use positive self-talk to stay focused and finish a task.

After the Lesson
Ask your child to describe how they would calm down in these scenarios:
• Your teacher tells you to stay in at recess until you finish your homework.
• You’re told you have to clean your room before you can watch your favorite TV show.
• Your teacher tells you to finish your writing before you draw the picture for your story.

Daily Practice
Try doing these activities with your child to help reinforce what they’ve learned:
• Have your child practice the Calm It Down Dance.
• Have your child complete the Weekly Skill Check. Sample check-in statements:
  • Calming down helps me stay focused and on task.
  • I can use positive self-talk to stay focused and get my work done.

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

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