Lesson 12: Managing Test Anxiety

Lesson Concepts
Using a stop signal and naming your feeling are the first two Calming-Down Steps.

Objectives
Students will be able to:
- Identify the first two Calming-Down Steps
- Demonstrate using the first two Calming-Down Steps in response to scenarios

Why This Lesson Matters
Emotion and language are processed in different parts of the brain. Using language helps engage the thinking part of the brain. Simply naming a feeling can help decrease its intensity, which can be useful to children when they’re upset or overwhelmed by a strong emotion. A stop signal is a way to use language when upset and halt the escalation of emotions. Then a student can use the rest of the Calming-Down Steps to regain self-control.

Before the Lesson
Share the How to Calm Down mini-poster with your students.

After the Lesson
Have students write an answer to the following prompt:
- When was the last time you felt a strong emotion? What was that emotion? What are the first two things you can do to handle strong emotions?

Following Through
Use this strategy to reinforce lesson concepts throughout the week.
- Have students rewatch the “Calm It Down” dance video.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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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"
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4. Add Program Activation Key: SSP3 FAMI LY73

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