Lesson 12: Managing Test Anxiety

What Is My Child Learning?
Your child is learning how to use the first two Calming-Down Steps when they're feeling anxious. The first two Calming-Down Steps are using a stop signal and naming your feeling.

Why Is This Important?
Emotion and language are processed in different parts of the brain. Using language helps engage the thinking part of the brain. A stop signal is a way to use language to manage strong emotions. Naming a feeling can help it feel less powerful, which can help your child when they're upset or overwhelmed by a strong emotion. Then your child can use the rest of the Calming-Down Steps to regain self-control.

Vocabulary
Practice this word with your child before or during the lesson:
Manage: to handle calmly

After the Lesson
• Talk with your child about situations where they might feel strong emotions.
• Ask your child about a time when they felt a strong emotion. What was that emotion? What are the first two things they can do to handle strong emotions?

Daily Practice
Try doing these activities with your child to help reinforce what they've learned:
• Play the Rhyme Race Brain Builder with your child.
• Watch the “Calm It Down” dance video with your child.
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: SSP3 FAMI LY3

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