Lesson 13: Handling Accusations

What Is My Child Learning?

Your child is learning to manage strong feelings by saying “Stop,” naming the feeling, and using other Calming-Down Steps to calm down.

Why Is This Important?

When strong feelings are under control, your child is better able to think clearly and pay attention.

Vocabulary

Practice these words with your child before or during the lesson:

• Belly breathing: a way to use deep breaths to calm down
• Accusation: a claim that someone has done something wrong

After the Lesson

Have your child answer the following prompt:

• If you've done something you shouldn't have and you're accused of doing it, what should you do?
• 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:

• Review belly breathing with your child.
• Play the Frozen Feelings Factory Brain Builder 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 LY73

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 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