

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

Vocabulary

Practice this word with your child before or during the lesson:

- Hurtful: causing physical or emotional pain

After the Lesson

Have your child respond to the following prompts:

- Why is calming down strong, angry feelings important?
- What are some ways you can calm down when you feel strong, angry feelings?

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:

- Watch (and participate in) the "[Moving Pictures](#)" Brain Builder video.
- Rewatch the "[Calm It Down Dance](#)" video.

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

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