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Lesson 11: Managing Strong Feelings

What Is My Child Learning?

- That staying in control of your emotions and actions helps you get along better with others and be successful at school
- How to demonstrate the ability to interrupt escalating emotions
- How to determine a personal “signal”
- How to identify and name strong feelings as they occur

Why Is This Important?

In this lesson, your child learns ways to interrupt their own emotions so they can think through situations. They also learn to use self-talk and name their feelings to help them stay in control of powerful emotions. The ability to think through an emotionally charged situation is a critical skill that enables your child to get along with others and avoid serious conflicts.

After the Lesson

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:

- Reflective writing: Name one time at school when you might need to use your stop signal and name your feeling. How does it help you when you stay in control of your emotions and actions?
- Refer to the Calming-Down Steps in the [Home Link](#). Remind your child of the first two Calming-Down Steps: Stop—use your signal and Name your feeling. Have them write down or tell you how they might be able to use these steps in everyday life.

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: SSP4 FAMI LY74

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