

Lesson 12: Calming Down Anger

What Is My Child Learning?

- To identify situations in which they might need to calm down
- To demonstrate the technique for deep, centered breathing
- To identify and demonstrate other Ways to Calm Down (counting, using positive self-talk)

Why Is This Important?

Using Ways to Calm Down helps your child to avoid acting impulsively on their feelings. Deep breathing can be used to calm down in many situations. Counting is a simple way to engage the language centers of the brain and help children pause before reacting. Positive self-talk can help children think before they act.

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:

- Practice deep, centered breathing with your child.
- Have your child sit with their eyes closed and shoulders tense. Then have them count backward, and tell them that with each number, they should relax their shoulders a little. By the time they get to one, their shoulders should be completely relaxed.
- Reflective writing: Name at least two Ways to Calm Down (breathing, counting, using positive self-talk). Name two places where you could use these Ways to Calm Down.

Create a Second Step Account

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
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