Why This Lesson Matters

Students who can't manage anxiety effectively can have difficulty focusing on schoolwork and are at risk for emotional and behavioral problems. Using Calming-Down Strategies to manage anxiety can help students have more school success.

During this time, students are likely to feel more anxiety due to concerns for loved ones, disruption of their routine, stress at home, and a new way of receiving schooling virtually. This lesson can help them manage this anxiety and better navigate a difficult time.

Before the Lesson

Have students review the Calming-Down Strategies (breathe, count, and use positive self-talk) and reflect on how they've used them to help manage strong feelings over the last few days.

After the Lesson

Lead students through stopping themselves, naming their feeling, then breathing, counting, and using positive self-talk. Then have students do the timed lesson handout. After, have them describe how they felt during the timed activity, and how they used Calming-Down Strategies to manage anxiety.

Following Through

Use these strategies to reinforce lesson concepts throughout the week:

- Have students watch the “Calm Down” music video.
- Have students reflect on academic and other daily tasks that might cause them anxiety during the week.
- Have students write their own lists of tasks they feel anxious about, along with at least two strategies for managing their anxiety related to these tasks.
- Have students do the lesson Home Link with their families.
- See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
Need to register on SecondStep.org, but don’t have your registration PAK?

Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
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