Lesson 13: Managing Anxiety

What Is My Child Learning?
Your child is learning how to identify situations that cause anxiety. Your child is also learning about how to apply calming-down skills to anxiety-provoking situations, including academic situations.

Why Is This Important?
Effectively managing anxiety makes it easier for your child to focus and succeed in social and academic situations. Your child may be feeling more anxiety now for many reasons, including changes to their normal routine, doing their schoolwork remotely, being away from friends, and concerns about the coronavirus.

Vocabulary
Practice this word with your child before or during the lesson:
- Anxiety: an uncomfortable feeling you get when you’re worried about something that might or might not happen

After the Lesson
Talk with your child about the academic or other daily tasks that might cause them anxiety this week. Have your child write their own lists of tasks they feel anxious about, along with at least two ways they could manage their 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:
- Have your child practice belly breathing with you.
- Have your child come up with different ways of counting to calm down, such as backward from 10, counting by twos, and so on.
- Have your child write an answer to this question: When this week did you need to manage your anxiety? Which Ways to Calm Down did you find most useful?
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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