

# Lesson 14: Avoiding Jumping to Conclusions

## What Is My Child Learning?

Your child is learning to identify emotion-management strategies and demonstrate assertiveness skills. Your child is also learning how to identify and demonstrate positive self-talk statements.

## Why Is This Important?

Calming down strong emotions helps your child think clearly about a situation so they can avoid jumping to conclusions.

## Vocabulary

Practice these words with your child before or during the lesson:

- Jumping to conclusions: making assumptions about what's going on in a situation before you have enough information about it

## After the Lesson

- Have your child think of some ways to get more information about a situation in which they might feel angry (for example, if someone took the last cookie at lunch, if a sibling wasn't sharing a game, and so on).
- 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 them practice [belly breathing](#) with you.
- Have your child think of two positive self-talk statements they might use in a situation at home or at school.
- Have your child write an answer to these questions: What does it mean to jump to conclusions? How does calming down help you not jump to conclusions?

## Create a Second Step Account

1. Go to [www.secondstep.org](http://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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