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
2. Under New Users, click “Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP4 FAMI LY74

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