Lesson 11: Managing Anxiety

Lesson Concepts
Managing your anxiety effectively makes it easier to focus and succeed in social and academic situations.

Objectives
Students will be able to:
• Identify social situations that can cause anxiety
• Apply what they’ve learned about calming down in scenarios that cause social anxiety

Why This Lesson Matters
Academic and social situations cause anxiety in many students. Students who can’t effectively manage anxiety have difficulty focusing and working in school, and are at risk for emotional and behavioral problems. When students become overwhelmed by anxiety, their ability to handle stress deteriorates, rendering them less effective at handling further challenges. Being able to manage anxiety effectively by using Calming-Down Strategies, including positive self-talk, can help students achieve more personal, social, and school success.

Before the Lesson
• Play the “Calm Down” music video. Have students listen for all the Calming-Down Strategies mentioned in the lyrics. These include: use a signal, name your feeling, breathe, count, and use positive self-talk.
• Review the Ways to Calm Down from the last lesson: deep, centered breathing; counting; and using positive self-talk. Refer to the How to Calm Down poster.

After the Lesson
Have students write answers to the following questions:
• What can make you feel anxious?
• What are some ways your body tells you that you’re feeling anxious?
• What are some positive statements you can say to yourself when you’re anxious?

Following Through
Use these strategies to reinforce lesson concepts throughout the week:
• 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.
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1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
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