

GRADE 5

Lesson 13: Resisting Revenge

What Is My Child Learning?

Your child is learning that getting revenge can make problems worse. Your child is also learning to identify consequences of revenge and generate alternatives for seeking revenge using the Calming-Down Steps.

Why Is This Important?

Revenge-seeking behaviors are likely to escalate peer conflicts. Your child needs help identifying and thinking through the negative consequences of revenge. By using strategies from the How to Calm Down poster in situations that provoke thoughts of revenge, your child can reduce peer conflicts.

Before the Lesson

Review the Calming-Down Steps from the [How to Calm Down](#) mini-poster with your child.

After the Lesson

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 answer the following writing prompt: Why is trying to get revenge a poor solution to a problem? What are some ways you can resist seeking revenge, even when someone has done something hurtful or wrong to you?
- Play the "[Calm Down](#)" music video and sing the chorus with your child.

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: SSP5 FAMI LY75

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