Lesson 15: Avoiding Assumptions

What Is My Child Learning?
Your child is learning that calming down strong emotions helps them think clearly about a situation and make better decisions. Your child is also learning to identify emotion-management strategies, demonstrate assertiveness skills, and identify and use positive self-talk statements to avoid making assumptions.

Why Is This Important?
Children can create or escalate conflicts when they jump to conclusions about what is behind other children’s actions. It’s easy to jump to conclusions that create problems unnecessarily. This lesson focuses on helping your child use emotion-management strategies to keep strong emotions from pushing them into jumping to conclusions about others. When your child can calm down, they’re better able to assess others’ intentions. Your child can use the Calming-Down Steps to make it less likely they’ll act on their emotions impulsively. When your child is able to take the next step and assertively ask questions of others, they’re better able to understand others’ perspectives and intentions. Calming strong emotions is also a necessary prerequisite to effective problem solving.

Before the Lesson
Review 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 write an answer to the following prompt: What does it mean to make assumptions? How does calming down help you avoid making assumptions?
- Play the “Calm Down” music video. Have your child listen for positive self-talk statements.
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

The Second Step Family Resources (individually or together, the “Resource”) are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given to or sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource.

© 2020 Committee for Children

Second Step is a registered trademark of Committee for Children