Lesson 13: Managing Frustration

What Is My Child Learning?
Your child is learning that feelings vary in strength and that strong feelings need to be managed. Your child will learn that saying “Stop” and naming their feeling is an effective way to begin to calm down.

Why Is This Important?
Naming a feeling can help it feel less powerful, which can help your child when they’re upset or overwhelmed by a strong emotion.
During this time of uncertainty, children may be experiencing a whole range of big feelings. Being able to name their feelings and practice Calming-Down Steps will help children manage their emotions appropriately and feel a greater sense of control in coping with frustration, anger, or worry.

Vocabulary
Practice these words with your child before or during the lesson:
• Strong feelings: when your feelings are very big and you might not be able to control them
• Frustrated: feeling upset or angry because you’re not able to do what you’re trying to do

After the Lesson
• Ask your child to describe a scenario when they might feel frustrated.
• When your child is picturing that frustrating scenario, have them practice putting their hands on their tummy, saying “Stop,” and naming their feeling.

Daily Practice
• Try doing these activities with your child to help reinforce what they’ve learned:
  • Play the Clap and Count Brain Builder at home.
  • Listen to “The Calm-Down Song.”
  • Talk about a recent time when you felt frustrated and what made you feel better.
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: SSPK FAMI LY70

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 sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource. © Committee for Children 2020.

Second Step is a registered trademark of Committee for Children