



Lesson 14:

Calming Down Strong Feelings

What Is My Child Learning?

Your child is learning that sometimes feelings can be strong and how to calm down strong feelings.

Why Is This Important?

When children's feelings are very strong, it's hard for them to think clearly and pay attention. When children are calm, they're able to learn and get along better with others.

Vocabulary

Practice these words with your child before or during the lesson:

- Calm down: to get your feelings, thoughts, and body under control enough that you can relax, think clearly, and pay attention
- Breathing: pulling air into your body through your mouth or nose, then letting it out
- Belly breathing: a special way of breathing that helps you calm all the way down
- Belly: another word for tummy

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:

- Play the [Clap and Count Brain Builder](#) at home.
- Listen to "[The Calm-Down Song](#)."
- Ask your child to tell you about the steps on [the How to Calm-Down mini-poster](#).

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

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