Lesson 15: Handling Waiting

What Is My Child Learning?
Your child is learning how to calm down and choose something quiet to do to make waiting easier.

Why Is This Important?
Children who have good waiting skills tend to do better at school and have better social skills than those who do not.

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

- Wait: to stay in one place until an expected event happens, or not do something until something else happens
- Impatient: not willing or able to wait calmly
- Excited: very eager and happy about something

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 draw a picture of a time when they had a strong feeling. They can write the name of the feeling on their picture or dictate a sentence about the event to you.
- Listen to “The Calm-Down Song.”
- Play the Move or Wait Brain Builder at home.
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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