What Is My Child Learning?
Your child is learning that feeling angry is natural but that hurtful, mean behaviors are not okay. Your child is also learning that their body lets them know when they’re angry and that learning to relax helps calm them down.

Why Is This Important?
This is important because children who behave aggressively more often than their peers tend to have more difficulty identifying their own feelings. Relaxation and belly breathing can slow the heart rate and help your child stay in control of their feelings. When your child feels a lack of control in their daily life, feelings of anger may occur. Giving your child opportunities to practice these coping skills will enable them to better manage their emotions at home.

Vocabulary
Practice these words with your child before or during the lesson:
- Tense: not relaxed, hard and tight
- Relaxed: calm and free from fear or worry

After the Lesson
Have your child draw a picture of themselves using a pencil. Suggest that they include an angry-looking face. Ask them to pick an “anger” color and color the parts of the body where they usually feel anger.

Daily Practice
Try doing these activities with your child to help reinforce what they’ve learned:
- Listen to “The Anger 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

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.

© Committee for Children 2020

Second Step is a registered trademark of Committee for Children