GRADE K

Lesson 18: Handling Being Knocked Down

What Is My Child Learning?

Your child is learning that when they get hurt, it's important to calm down before doing anything else. They're also learning that it's important to ask for more information and not assume the action was on purpose.

Why Is This Important?

This is important because when children assume that others have hostile motives, they're more likely to retaliate with aggression.

While your child isn't playing with others on the playground or at school in a typical way right now, it's important to continue building these skills at home. Asking questions, being open to explanations, and providing feedback about how actions make your child feel are important skills in family, as well as peer, relationships.

Vocabulary

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

- Mean to: to do something on purpose
- Accident: an event that happens by chance, without being planned by anyone

After the Lesson

Have your child draw a picture of an accident. Have them practice saying, "I'm sorry. It was an accident. Are you okay?"

Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Play the Step or Stay Brain Builder at home.
- Listen to "The Anger Song" at home. Encourage your child to sing along with the chorus.
- Practice handling accidents with your child. One partner (you or your child, or another family member) says, "That hurt. What happened? Was it an accident?" The other partner responds, "I'm sorry, it was an accident. Are you okay?" You can practice with your own scenarios or use the following scenarios:
  - Someone stepped on your toes.
  - Someone hit you in the face with their elbow while they were eating.
  - Someone tripped you as you walked into the room.

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