

GRADE 5

Lesson 11: Managing Anxiety

What Is My Child Learning?

Managing anxiety effectively makes it easier to focus and succeed in social and academic situations. Your child will be able to identify social situations that can cause anxiety, and apply what they've learned about calming down when they face social anxiety.

Why Is This Important?

Academic and social situations can cause anxiety in many children. Children who can't manage anxiety have difficulty focusing and working in school, and they can be at risk for emotional and behavioral problems.

When your child is overwhelmed by anxiety, their ability to handle stress is affected. This can make it difficult for them to handle other challenges. Being able to manage anxiety using Ways to Calm Down, which include positive self-talk, can help your child achieve more personal, social, and school success.

Before the Lesson

Review Calming-Down Steps and Calming-Down Strategies with your child. These include: stop—use your signal, name your feeling, breathe, count, and use positive self-talk. Ask your child about a time they used these steps since their last lesson.

After the Lesson

Work with your child to complete the lesson [Home Link](#).

Daily Practice

Try doing this activity with your child to help reinforce what they've learned:

- Before your child starts a challenging task during the day, have them practice deep, centered breathing. Have them close their eyes and say two positive self-talk statements silently. Practice this with your child.

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: SSP5 FAMI LY75

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