

GRADE 5

Lesson 9: Introducing Emotion Management

What Is My Child Learning?

Your child is learning to focus attention on their body to figure out their feelings. Your child is also learning that if their feelings are uncomfortable, it helps to talk about them with an adult.

Why Is This Important?

When children realize they're having strong feelings, they can take steps to calm down and keep themselves from getting out of control.

Before the Lesson

- Look at the [Empathy](#) and [How to Calm Down](#) posters with your child. Talk about ways you calm down.
- Watch the [pre-lesson video](#) on emotions with your child.

After the Lesson

- Talk with your child about situations where each of you might feel strong emotions.
- 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:

- Watch the "[Calm Down](#)" music video with your child.
- Help your child notice when they are experiencing strong emotions.

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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