



## Lesson Time

Your child is learning how to calm down when he or she feels angry. He or she is also learning that everybody feels angry sometimes, but doing hurtful things when angry is not okay.

Children are learning to use these Calming-Down Steps when they feel angry:

- Put your hands on your tummy and say “Stop.”
- Name your feeling: “I am angry.”
- Take some belly breaths. Breathe in slowly through your nose and then out slowly through your mouth.

Knowing how to calm down helps your child learn at school and at home.

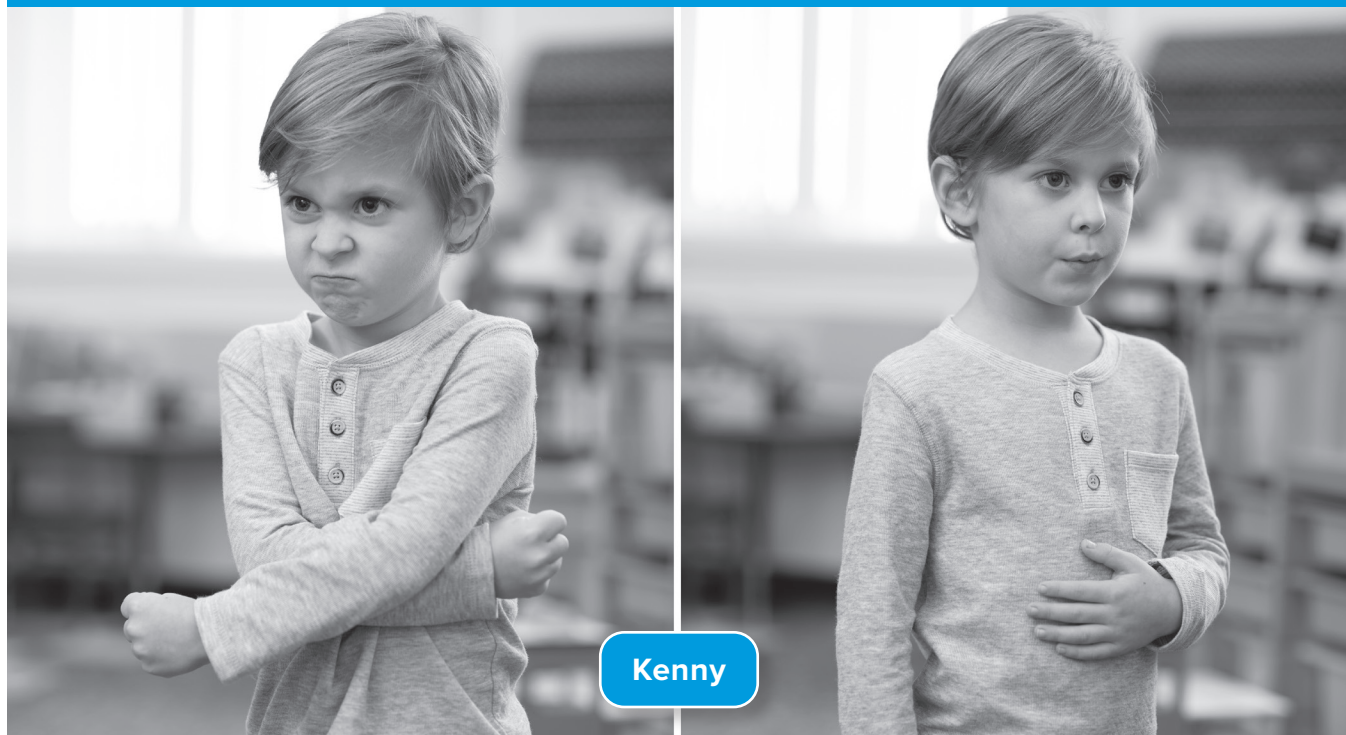
## Play Time

Play a game with your child to practice calming down. Follow the Calming-Down Steps.

Say: **We’re going to play What’s Next? We will say and do the Calming-Down Steps four times. First we’ll say and do all the steps together. Say and do each step with your child. Now I will say and do the first two steps with you, and you will say and do the third step on your own.**

Each time you repeat the steps, have your child say and do one more step on his or her own.

## Story Time



This week’s story is about Kenny. Another boy grabs a toy from Kenny, and he gets angry. Then Kenny calms himself down. Ask your child about the photos.

- Point to the left-hand photo and ask: **What do you see in this photo?**
- **How is Kenny feeling?** (Angry.)
- **How can you tell?** (His gritted teeth. His frown. His clenched fists.)
- Point to the right-hand photo and ask: **What do you see in this photo?** (Kenny is taking belly breaths.)

**Now let’s pretend you’re Kenny and I’m your teacher. Show me how Kenny calms down. Then tell me what happened.** Have your child say “Stop. I’m angry,” belly breathe, and then tell you what happened.