

Dear Family,

Have you ever made a decision when you were angry or frustrated that you later regretted? When emotions are intense, it is hard for anyone, especially young adolescents, to think straight. Strong feelings of anger can lead to aggression and violence. Students can also struggle to make good choices when they experience strong feelings of sadness, jealousy, anxiety, or even happiness.

This week we started our Stepping Up lessons about managing emotions. Your student is learning the Steps for Staying in Control of strong emotions. Students are learning that emotions come from one part of their brain, but that they also have a thinking part of their brain that helps them stay in control.

The Steps for Staying in Control are:

**Notice.** Recognize your physical and mental signs.

**Pause.** Use your signal.

**Think twice.** Use your brain.

**Calm down if necessary.** Use your calming-down strategies.

**Reflect.** How did you do?

Ask your student about the steps. Help your student remember to pause and think twice before doing something he or she might regret.

The strategies for calming down are useful for anyone, adult or teen. They are:

**Doing something physically active**

**Doing something relaxing**

**Thinking about something else (like counting to ten)**

**Using centered breathing**

**Using positive self-talk**

Ask your student to show you how these work!

Staying in control helps students get along with others and focus on their schoolwork. Both of these things help them be more successful in school. Thank you for your support in creating a successful learning environment for your student.

Sincerely,

Ch. Ed. Team

Room 163

P.S. Make sure to join [www.secondstep.org](http://www.secondstep.org) with the activation key **SSP6 FAMI LY12** to watch videos about the Second Step program and get information about what your student is learning.