



In this week's lesson, your child will practice identifying two changes they could make in a recurring personal situation to manage their strong emotions. Ask your child to tell you about a situation at home that causes them to feel strong emotions, like anger or stress. Ask them what they could change about the situation to better manage their emotions. Talk about what you can do to help them implement the change.

[Unit 2 5th Homelink English, Unit 2 5th Homelink Spanish](#)

