



In this week's lesson, your child will practice rethinking a situation they've personally experienced. Ask your child, "How could rethinking help you the next time you're in a situation where you feel a strong emotion?" It's important to note that rethinking is not a good strategy to use when someone is hurt or in danger.

[Unit 2 4th Homelink English](#), [Unit 2 4th Homelink Spanish](#)

