**Lesson 13:**
We Feel Feelings in Our Bodies

**Why This Lesson Matters**
Learning that they feel feelings in their bodies can help children understand that their bodies give them clues about how they feel. Children are also learning steps for what to do when they feel worried:

• Put your hands on your tummy.
• Ask, “How is my body feeling?”
• Notice how your body feels. It may feel uncomfortable. Your tummy might hurt or your heart might beat quickly.
• Talk to a grown-up.

This lesson is especially helpful now because children may be experiencing worry about themselves or their family members getting sick, or other concerns related to the COVID-19 pandemic. When children are worried, talking to a grown-up can help them cope.

**Before the Lesson**
• Have children think back and remember how they’ve already learned about a lot of different feelings and what those feelings are called. If they’re watching the lesson with a family member, have them share at least two of the feelings they remember with that family member.
• Using the Feelings Cards, show children how they can have different feelings or the same feelings as other people.

**After the Lesson**
Have children think about something they might be feeling worried about and draw a picture of it. Have them pick a family member and share their picture with them. Have them talk to their family member about what is worrying them.
Reinforce this message: *It’s always important to tell a grown-up if you’re worried about something. Tell a grown up if your tummy hurts.*

**Following Through**
Use these strategies to reinforce lesson concepts throughout the week.

- Have children think ahead about when they might have feelings that are comfortable or uncomfortable.
- Have them pay attention to how their bodies feel, especially when they’re having a new feeling or a strong feeling. Encourage them to stop when they’re having a strong feeling and decide how they feel.
- Have students do the Lesson 13 Home Link with their families.
- Suggest families use the recommended book list to read a story about this week’s theme of “We Feel Feelings in Our Bodies.”

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1. Go to www.secondstep.org
2. Under New Users, click “Create Account”
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