

# Lesson 13: We Feel Feelings in Our Bodies

## What Is My Child Learning?

Your child is learning that clues in his or her body can help him or her identify feelings. Your child is also learning that some feelings are comfortable and others are uncomfortable, and it's important to talk to a grown-up when he or she feels worried.

## Why Is This Important?

This lesson helps children learn how to identify worry as an uncomfortable feeling, and identify a grown-up to talk to when they feel worried. This may be a particularly helpful lesson now because children may be feeling more worried during the COVID-19 crisis.

## Vocabulary

Practice these words with your child before or during the lesson:

- Uncomfortable: not comfortable, not feeling good
- Worried: feeling uneasy or nervous, typically about something that might happen or something that's uncertain
- Clues: hints that help to solve a puzzle, problem, or mystery

## After the Lesson

- Talk with your child about how it's normal to feel worried or uncomfortable sometimes. Let them know that even grown-ups feel worried, especially when things are out of the ordinary or if many things are unknown. It will help your child to know what to do if they feel worried. Together, you can identify who your child can talk to when they're worried.
- Work with your child to complete the lesson [Home Link](#).

## Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Have your child practice identifying feelings that are comfortable or uncomfortable in everyday situations throughout the week.
- Ask your child to pay attention to how their body feels, especially when they're having a new feeling or a strong feeling. Encourage your child to take a few moments and decide how they feel.

## Create a Second Step Account

1. Go to [www.secondstep.org](http://www.secondstep.org)
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPE FAMI LY68

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