Lesson 14: Strong Feelings

Lesson Concepts
- Sometimes your feelings can be strong. Strong feelings need to be managed.
- Putting your hands on your tummy and saying “Stop” are ways to begin to calm down.

Objectives
Children will be able to:
- Recognize and name when they or others are feeling frustrated
- Demonstrate putting their hands on their tummies and saying “Stop”

Why This Lesson Matters
When children learn they will sometimes have strong feelings that are uncomfortable, they can also learn to understand when it’s time to calm down. Learning about feeling frustrated can help them avoid outbursts. Children can feel frustrated when they’re trying to do something that’s difficult. Knowing how to calm down helps children learn better at school and at home.

Before the Lesson
Remind children that feeling feelings in their bodies gives them clues to how they are feeling, and that some feelings are comfortable and some are uncomfortable. Practice the first part of the Calming-Down Steps: Put your hands on your tummy.

After the Lesson
Give children an activity that builds on the skill-practice video by having them think ahead to a time they might get frustrated at home (this could be making their bed, reaching a high shelf, or sharing with a sibling). Have children draw a picture of themselves putting their hands on their tummies and saying “Stop” to begin to calm down.

Following Through
Use these strategies to reinforce lesson concepts throughout the week.
- Remind children to pay attention to how their bodies feel, especially when they’re having a new feeling or a strong feeling.
- Encourage children to take a few moments when they’re having a new feeling and decide how they feel.
- Have children do the lesson Home Link with their families.
- Ask families to use the recommended book list to read a story about this week’s theme of “Strong Feelings.”
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1. Go to 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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