

Lesson 14: Strong Feelings

What Is My Child Learning?

Your child is learning that feeling frustrated when things are difficult is normal, and that he or she can take steps to help themselves calm down when it happens.

Why Is This Important?

When children learn to pay attention to their bodies to identify when they're having a strong feeling (like feeling frustrated), it can help them begin to calm down. This is especially important during stressful times when it's common to feel frustrated more often than usual.

Vocabulary

Practice this word with your child before or during the lesson:

- Frustrated: feeling upset or angry because you're not able to do what you're trying to do

After the Lesson

- Talk with your child about how it's normal to feel frustrated when things are hard. Tell them about a time when you were frustrated and how you used a Calming-Down Step—putting your hands on your stomach and saying "Stop"—to help you begin to calm down. You can use a story from when you were a child.
- Model the Calming-Down Steps (Put your hands on your tummy and say "Stop." Name your feeling. Take belly breaths.) for your child when you experience something frustrating, and talk about it together after.
- 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:

- Remind 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 when they're having a new feeling and decide how they feel.

Create a Second Step Account

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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