

GRADE EL

Lesson 15: Naming Feelings

Lesson Concepts

- Naming your feeling can help you calm down.
- It helps to talk to a grown-up when you feel scared or sad.

Objectives

Children will be able to:

- Name their feelings in response to scenarios
- Demonstrate how to calm down in response to scenarios

Why This Lesson Matters

Naming a feeling engages the thinking part of the brain, which can help make the feeling less strong. This is a helpful strategy for children when they're upset. Sometimes it's hard for children to name their feelings, and talking to a grown-up can help.

Before the Lesson

Do a quick review activity to help children remember that they feel feelings in their bodies. Name two or three feelings and have children think of how their bodies feel when those feelings happen (for example, when children feel angry, their muscles feel tight or tense). Have children demonstrate how those feelings feel to their family member or to a stuffed toy that's with them.

After the Lesson

- Model naming feelings aloud. Using a story, remind children that naming their feeling when they're having a strong feeling can help them feel better.
- Give children two or three more scenarios to think about (as demonstrated in the skill-practice video) and have them guess which feeling is involved. Choose scenarios that are not too sad, scary, or worrisome.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Remind children that, when they're having a strong feeling, they can stop and think about how they're feeling and then try to name their feeling.
- Have children think back to how naming a strong feeling has helped them calm down before.
- Ask families to do the lesson [Home Link](#) together.

Need to register on SecondStep.org, but don't have your registration PAK?

Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

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

The Second Step Family Resources (individually or together, the "Resource") are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given or sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource.

© Committee for Children 2020

Second Step is a registered trademark of Committee for Children

