Lesson 15: Naming Feelings

What Is My Child Learning?

Your child is learning to name his or her strong feelings to help calm down. It can be hard for your child to name his or her feelings, and he or she is also learning that talking to a grown-up can help. You can help your child practice calming down at home. When your child is having strong, uncomfortable feelings, say: Put your hands on your tummy and say “Stop.” Name your feeling.

Why Is This Important?

Naming a feeling engages the thinking part of the brain, which can help make a feeling less strong. This is a helpful strategy for children when they’re upset.

Vocabulary

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

• Name: to identify or say out loud

After the Lesson

• Model naming aloud how you’re feeling whenever possible. Remind your child that adults have strong feelings too, and that by taking a moment to think about and name a feeling, it helps you feel calmer.
• Give your child two or three more scenarios to think about in which they can guess what someone is feeling. Choose scenarios that are not too sad, scary, or worrisome.
• 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:

• Throughout the day, ask your child to name the feeling they’re having. If they don’t know, talk together about what it could be. Sometimes they will have more than one feeling.
• Notice when your child is having strong feelings and reinforce the practice of naming of their feelings. For example: I heard you tell Sophie you were frustrated because your tower kept falling down. When you name your feeling like that, it helps you calm down.
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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