Why This Lesson Matters
Young children have strong feelings about what they want, and they may feel strong disappointment when they don't get it. It’s important for children to understand that they can’t always have what they want. They can also learn that slow belly breathing helps calm the body.

Before the Lesson
Review last week’s theme and have children think back to how naming their strong feelings helped them calm down. Describe two to three “mystery feelings,” and talk about how they feel before and after naming the feeling. For example: My shoulders are drooping and my eyes are heavy … which feeling is this? (Disappointment) After naming my feeling my body feels lighter.

After the Lesson
Have children talk about feeling disappointed and give a few examples of times they felt disappointed this week (for example, feeling disappointment about not being able to go to school, or to the park, or to visit their grandparents). Have them draw a picture of what they most look forward to doing when it’s okay to do those things again.

Following Through
Use these strategies to reinforce lesson concepts throughout the week.

- Have children practice belly breathing at home with a stuffed animal friend or other small toy. Have them lie down on their backs with the animal or toy on their bellies. Tell them how breathing in will make it move up slowly and breathing out will make it move down. This will help them identify how to breathe into the bottoms of their lungs and move their bellies up. Challenge them to see how slow they can make their animal friend or toy move up and down.
- Ask families to do the lesson Home Link together.
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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

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