Lesson 12: Identifying Our Own Feelings

What Is My Child Learning?
Your child is learning how to recognize their own feelings by identifying physical cues in their body. Your child is also learning that all feelings are natural.

Why Is This Important?
Identifying emotions can help your child be more socially and emotionally competent. Your child can use internal physical clues, such as a fast heartbeat or a stomachache, to identify emotions. Learning how those feelings feel will help your child identify them when they need to use emotion-management skills. During this time, it's important that your child can start to identify what they're feeling in their body to best use emotion-management skills.

Vocabulary
Practice these words with your child before or during the lesson:
- Disappointment: sadness because a situation isn’t going the way you wanted
- Uncomfortable: an emotional feeling or feeling in your body that’s unpleasant, irritating, or slightly painful
- Comfortable: something that’s familiar, easy, pleasant, and reassuring

After the Lesson
Have your child draw a picture of a strong feeling they've had and what that feeling might look like in their body.
- Have them stand up, put their hand on their tummy, and describe how certain feelings feel ("uncomfortable" might feel achy or tight, but “comfortable” may feel calm and relaxed).

Daily Practice
Try doing these activities with your child to help reinforce what they've learned:
- Sing “The Calm-Down Song.”
- Play the “Step or Stay” Brain Builder game.
- Have your child draw a picture of themselves, then write a word about or describe to you where they feel feelings in their body.
- Play Simon Says with the Feelings Faces and have your child follow you.
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: SSP1 FAMI LY71

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