

# Lesson 13: Strong Feelings

## What Is My Child Learning?

Your child is learning their feelings vary in strength, and strong feelings can be managed. Your child is also learning that saying "Stop" and naming their feelings are ways to begin to calm down.

## Why Is This Important?

If children can recognize they're having strong feelings, they can use Calming-Down Steps to calm down when those strong feelings start to overwhelm them. Using a "Stop" signal, children interrupt the escalation of emotion. When combined with naming a feeling, the "Stop" signal can engage the thinking part of your child's brain.

This time is a great time to have your child practice saying "Stop" and naming their feelings. Your child may be feeling a lot of strong emotions right now. Being able to recognize those feelings and calm down is important.

## Vocabulary

Practice these words with your child before or during the lesson:

- Strong feelings: when your feelings are very big and you might not be able to control them
- Frustrated: feeling upset or angry because you're not able to do what you're trying to do

## After the Lesson

- Listen to ["The Calm-Down Song"](#) and follow along with your child. When the song says, "Put your hands on your tummy," do that. Say "Stop" when you hear "Stop."

## Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Sing ["The Calm-Down Song"](#) and ["The Feelings Song."](#)
- Play the ["Step or Stay" Brain Builder](#) game.
- Have your child draw a picture of a time when they had a strong feeling. Then have them write the word "Stop" and fill in the blank in "I feel \_\_\_\_\_" (a strong feeling).
- Play Simon Says with the Feelings Faces and have your child follow you.

## Create a Second Step Account

1. Go to [www.secondstep.org](http://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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