Lesson 11: Introducing Emotion Management

What Is My Child Learning?
Your child is learning to focus attention on their body to get clues about how they feel.

Why Is This Important?
Thinking about feelings helps the thinking part of the brain start to get back in control. This helps children manage strong feelings.

After the Lesson
Have your child complete these simple writing prompts:
• Describe what your brain is doing when you have a strong feeling.
• When you feel embarrassed what signs does your body show?
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.
Have your child complete the Weekly Skill Check. Sample check-in statements:
• I can focus attention on my body for clues about how I'm feeling.
• Feeling very uncomfortable is a clue that the thinking part of my brain is losing control.
• When I recognize my feelings, the thinking part of my brain can start to manage my strong feelings.
Practice the hand-brain activity from the Home Link with your child.
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: SSP2 FAMI LY72

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