

Lesson 10: Introducing Emotion Management

What Is My Child Learning?

Your child is learning to:

- Describe what triggers their strong emotions
- Describe what happens in their body when they experience strong emotions

Why Is This Important?

This lesson helps your child understand what happens inside them when they experience strong emotions. It also lays the groundwork for learning skills to manage their brain's and body's reactions to stress and conflict.

During this time, your child might be feeling all kinds of emotions, like happy to be home, anxious about recent events, worried for themselves or loved ones, or frustrated to be stuck inside and missing their friends/ routine. Learning the physical clues for strong emotions can help them manage these feelings.

After the Lesson

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:

- Reflective writing: Briefly describe a situation when you felt a strong emotion. What was the emotion? Name at least two ways your body felt when you were having that emotion.
- Ask your child to think about a time when they experienced a strong emotion. Have them describe the situation and give specific names to those emotions.

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: SSP4 FAMI LY74

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