Lesson 12: We Feel Feelings in Our Bodies

Lesson Concepts

- You can use physical clues in your body to identify your feelings.
- All your feelings are natural.
- It is important to talk to a grown-up when you feel worried.

Objectives

Students will be able to:

- Identify physical clues for feeling worried
- Identify a grown-up to talk to when they feel worried

Why This Lesson Matters

When children realize they’re having strong feelings, they can take Calming-Down Steps to keep themselves from losing control.

Young children are aware of the stress the adults in their lives are experiencing right now, and it can make them feel worried. Practicing ways to manage their emotions can help them feel better.

Before the Lesson

Share the Empathy mini-poster with families. Ask them to talk about ways they show empathy in their family.

After the Lesson

Have students to draw a picture of a grown-up they could talk to if they felt worried.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Ask families to play the Clap and Count Brain Builder at home.
- Ask families to listen to “The Calm-Down Song.”
- Ask families to do the lesson Home Link together.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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