



# Lesson 12:

## We Feel Feelings in Our Bodies

### What Is My Child Learning?

Your child is learning to focus attention on their own body to figure out their feelings. Your child is also learning that if the feelings are uncomfortable, it helps to talk about them with an adult.

### Why Is This Important?

When children realize they're having strong feelings, they can take steps to calm down to keep themselves from losing control.

### Vocabulary

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

- Clues: hints that help to solve a puzzle, problem, or mystery
- Worried: feeling uneasy or nervous, typically about something that might happen or something that's uncertain

### After the Lesson

- Have your child draw a picture of a grown-up they could talk to if they felt worried, and have them practice writing the grown-up's name.
- 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:

- Play the [Clap and Count Brain Builder](#) at home.
- Listen to "[The Calm-Down Song](#)."
- Talk about how different emotions feel in your body.

## 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: SSPK FAMI LY70

The Second Step Family Resources (individually or together, the "Resource") are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given to sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource. © Committee for Children 2020.

Second Step is a registered trademark of Committee for Children

