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
2. Under New Users, click “Create Account”
3. Complete the required fields
4. Add Program Activation Key: SSPK FAMI LY70

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