



Lesson Time

Your child is learning to name his or her strong feelings to help calm down. You can help your child practice calming down at home:

- Notice when your child is having strong, uncomfortable feelings.
- Say: **Put your hands on your tummy and say "Stop." Name your feeling.**

Sometimes it's hard for children to name their feelings. Talking to a grown-up helps.

Play Time

Play a game with your child to practice naming different feelings. Review the feelings your child has learned about: happy, sad, scared, surprised, angry, excited, worried, and frustrated.

Say: **Let's play Name the Feeling. Pretend this is happening to you: Someone calls you a mean name. How do you feel? You say, "I am feeling _____(mad, sad)." Have your child name the feeling.**

Let's try another one! Make up your own stories or use these:

- I am late to pick you up from school.
- It is your birthday today.
- You are trying to zip up your coat, but the zipper gets stuck.

Story Time



This week's story is about Gabe. Another child called Gabe some mean names. The teacher notices Gabe is having an uncomfortable feeling and helps him name his feeling. Ask your child about this story.

- **What do you see in this photo?**
- **How is Gabe feeling?** (Sad.)
- **How can you tell?** (By the look on his face. By his body—his head is down. By what is happening.)
- **How do you think Gabe will feel after he talks to his teacher?** (He will feel calmer.)

Now let's pretend you're Gabe. Show me what you can do to start calming down. Put your hands on your tummy, say "Stop," and then say, "I'm sad."