



### What Is My Child Learning?

Your child is learning to focus attention on his or her own body to figure out his or her 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 are having strong feelings, they can take steps to calm down to keep themselves from getting out of control.

**Ask your child: What clues from your body help you figure out that you are feeling worried?** Possible answers: Tummy hurts. Heart beats fast. Breathe fast. Feel hot/cold. Legs wobble.

**When you are feeling worried, what can you do to help you feel better?** *Second Step* answer: Tell a grown-up about your feelings.

### Practice at Home

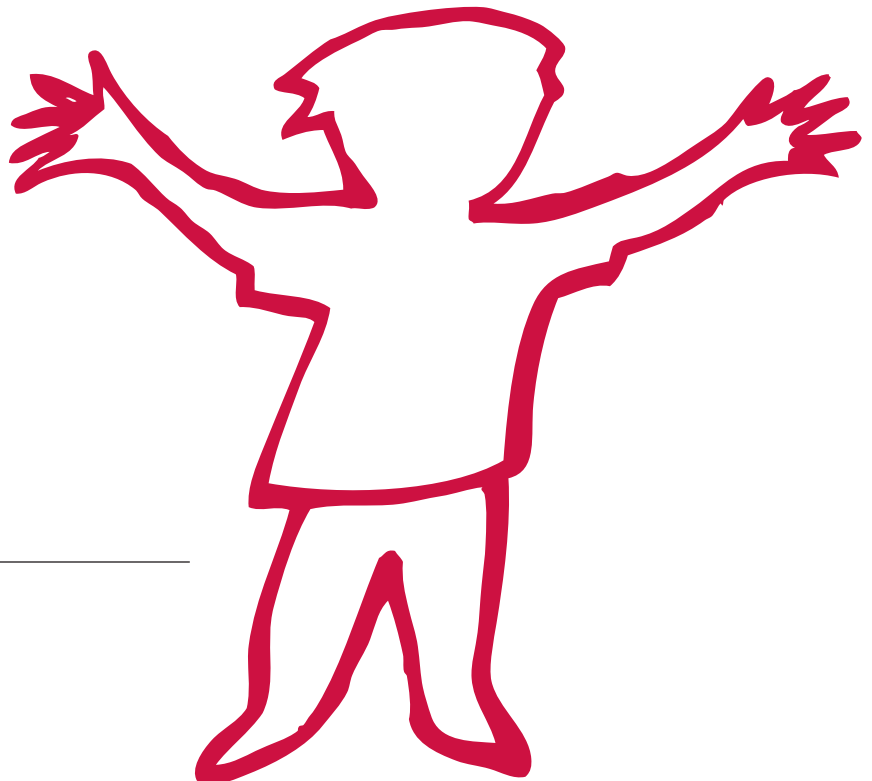
When you notice your child is starting to have strong feelings, such as worry, anger, sadness, excitement, or disappointment, ask what he or she is feeling in his or her body. For example:

A friend just dropped your child's favorite toy and it broke. **Oh, I see that your favorite toy just broke. Put your hand on your tummy. What is it doing?** Wait for your child to respond. **Put your hand over your heart. What is it doing?** Wait for your child to respond. **Listen to your breathing. What is it doing?** Wait for your child to respond. **Can you name your feeling?**

### Activity

Help your child do the following:

1. Choose "worry" or "anger" and write it beside the body outline.
2. Identify where he or she feels this feeling in his or her body.
3. Color in those places on the outline, for example, tummy, heart, hands.



Feeling:

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(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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