
second step[®] Family

Unit 2 | Managing Emotions

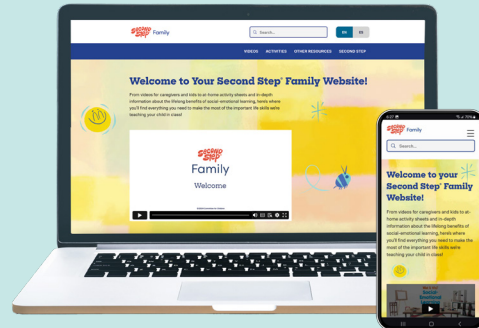


Grade 1



Families!

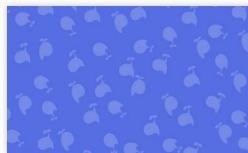
Get fun and informative videos, activities, resources, and more at our **FREE Second Step Family website that's just for you and your family!**



It's packed with content that directly supports what your child is learning in school, plus expert tips and tools for parents. **There's no sign-up process, no ads, no fees, and no obligations.**



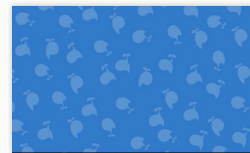
Kindergarten
Recognizing Feelings, Feeling Calm
LESSON VIDEO: Tool Time!



Grade 2
Positive Thoughts
MIND YETI! MINDFULNESS SESSION: Look at How Awesome You Are!



Grade 1
Recognizing Feelings, Feeling Calm
LESSON VIDEO: Countdown to Calmness



Kindergarten, Grade 1
Feeling Calm
MIND YETI! MINDFULNESS SESSION: Slow Breathing is SOUPer!



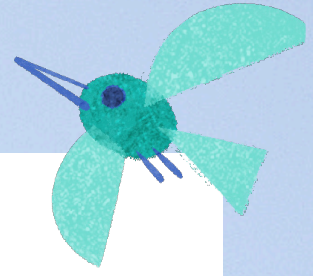
Just visit **secondstepfamily.org** (or scan the QR code) and start exploring!



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Welcome to Second Step® Unit 2: Managing Emotions

This is the second of four units of social-emotional learning for first graders.

In Unit 1, students got tools for paying attention, practicing, and staying positive.

In Unit 2, they'll learn to recognize when they're worried or frustrated and get tools for helping themselves feel calmer. They'll also get better at recognizing other people's emotions.

Being able to practice their Unit 2 skills at home with you will make a big difference in your child's social-emotional growth!

We encourage you to use this booklet to follow along with the weekly lessons and try the suggested at-home exercises.

These exercises will help your child:

- **Talk about emotional situations calmly and clearly**
- **Bounce back after disappointment, frustration, or excitement**
- **Respond to big feelings in ways that don't harm other people, things, or themselves**

Each section of this booklet also includes lesson details, and tips for parents.

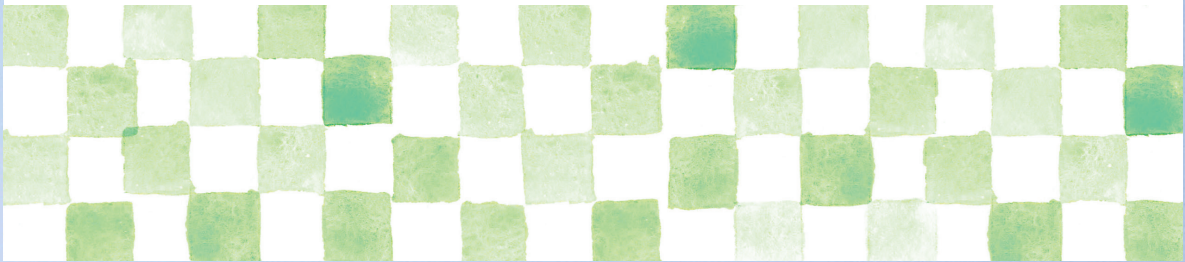
At the back are kids' activity pages, and a set of Mood Match cards with gameplay instructions.



There are also great Unit 2 videos for kids and parents on the **secondstepfamily.org** website, as well as downloadable activity sheets, copies of the Family Booklets, and information about the benefits of strong social-emotional life skills.

We're proud to be part of building your child's future success!

Your friends on the Second Step team



Unit 2 Overview

Everyone feels strong emotions sometimes, and kids should know that's perfectly okay.

Managing emotions is not about controlling how we feel. Managing emotions is about controlling how we *respond* to feelings.

In first grade, social interactions and friendships start to become more important. Your child will begin to pay closer attention to how other people feel, especially in regard to themselves.

Now is the perfect time to **give kids tools to help them recognize, describe, and react safely to strong feelings**—both their own, and other people's.

Recognizing emotions may seem like a simple idea to us. But **being able to talk about their feelings is a big step for your first grader**, and they'll need adult patience and support.

Don't be afraid to help your child at home by providing suggestions and coaching them through the SEL tools in this booklet!

Additional resources for this unit can be found on the Second Step Family website. Your child's teacher or principal can also answer questions you may have.



Watch TIPS FROM OUR TEAM for insights on why young children respond so strongly to big feelings, and ways to keep calm while dealing with an upset child.

Over the next several weeks, your child's class will learn four tools for recognizing and managing emotions:

1. RECOGNIZING FEELINGS

Kids will practice using clues from facial expressions, body posture, and situations to tell if someone might be feeling happy, sad, or angry.

2. RECOGNIZING FEELING WORRIED

Kids will learn that feeling worried can happen when we're uncertain about what's going to happen, and that we can ask for help to feel better.

3. FEELING CALM

Kids will learn that feeling calm is important when we need to be able to pay attention and think clearly, and they'll practice ways of calming themselves.

4. RECOGNIZING FEELING FRUSTRATED

Kids will learn that we can feel frustrated when we aren't able to do something we want to do, and that feeling calmer helps us focus and try again.



1

Recognizing Feelings

At this age, your child can probably tell if someone is feeling happy, sad, or mad.

But it's important for them to start to understand *why* someone might feel a certain way.

In class, the teacher will ask the students to look at clues in a person's body language and what's happening to them to figure out what that person might be feeling, and why.

Understanding how our feelings can be affected by what's happening around us or to us is a big part of building empathy.

It's also important for kids to start to learn that people can feel the same emotions but express them in different ways—and that's okay!

The class will learn to identify feelings by thinking about:

1. Body language clues

- **Facial clues:** Is the person frowning or smiling? Are their eyes sparkly, or do they have tears? Are their eyebrows raised up, or scrunched down?
- **Physical clues:** Does the person look relaxed or tense? Are their arms folded or stretched out? Is the person curled up small or standing tall?

2. Situational clues

- Where is the person?
- Is the person doing something fun, or something scary?
- Is the person succeeding at something, or struggling to accomplish it?
- Is something unexpected or unusual happening?



Parents—Use This Tool at Home



When your child expresses an emotion you can:

- Describe their body language to them. Such as, “I see you have a big smile, and you’re skipping around the room. You look happy to me!”
- Talk about the situation that prompted their feelings. Such as, “I know you wanted to go to the park today, but it’s raining. I think that’s why you’re feeling sad.”

When your child notices someone else’s feelings, give them praise. Ask them to tell you more about how they figured out what that person might be feeling.



Turn to page 15 for a kid activity on RECOGNIZING FEELINGS.



Watch our kids’ video “You Feel Me?” to help your child get better at identifying their emotions.

2

Recognizing Feeling Worried

From doing new things to meeting new people and learning new skills, first grade is all about not knowing what tomorrow might bring.

The unknown can be exciting, but it can also be worrying.

It's okay to feel worried. But if a child doesn't know how to take steps to feel better, worry can hold them back and make it hard for them to deal with new situations.

It's important for kids to be able to recognize worry and take steps to help themselves feel calmer and more confident.

The class will learn that:

- Worry is when we feel upset because we don't know what's going to happen
- Everyone feels worried sometimes, including grown-ups
- People can feel worried for different reasons
- People can show worry in different ways
- When we feel worried, we can always ask a trusted person for help

If your child shares that they're worried about something, it's important not to downplay their feelings. Responses like "don't worry" or "you'll be fine" can make a child think that their emotions are wrong, or that talking about them with you is wrong.



Instead, help your child by letting them explain the cause of their worry. Then ask them what they think would help them feel better. If they don't know, make suggestions.

Sometimes just talking about a worrying situation can help a kid feel more confident about it!

Parents—Use This Tool at Home



Play the game “The First Time I . . .”

On a drive or a walk with your child, take turns sharing stories about something that worried you at first, and what made you feel better. For example, “The first time I went to my new job I wasn’t sure I would like my co-workers. But then we had lunch together and they turned out to be very nice!”

If your child needs help, prompt them to talk about things such as starting school, going to a doctor or dentist, riding a bike, or doing a chore on their own for the first time. Ask them what happened that made them feel better.



Turn to page 17 for a fill-in-the-blank activity to cut or tear out for your child to help them understand feeling worried.



**Watch TIPS FROM OUR TEAM
to help adults stay calm while
supporting an upset child.**

3

Feeling Calm

Children can easily get overwhelmed by big feelings—even positive ones.

And whether they're upset or just overexcited, kids need to be able to re-center and refocus.

In class, students have already learned that slow breathing, counting slowly, and asking an adult for help are things they can do to help themselves feel calmer.

But what does “feeling calm” actually mean? How does a child know when they are calm?

In this lesson, the class will dig deeper into how calmness usually feels and looks and talk about situations where it is important for us to feel calm.

Calmness is . . .

- When our brain and body are working together so we can think clearly
- When our body feels relaxed and our mind feels focused
- Important for being ready to listen and learn
- Important for times we need to rest and recharge

The class will also learn that some people have their own methods for feeling calmer—like using a fidget spinner, pacing, rocking, tapping, or humming to themselves—and that's okay!



Parents—Use This Tool at Home



SLOW BREATHING can be used to help with any kind of overwhelming feeling. Whether your child is extremely upset or just overexcited—any time they’re losing focus you can say “It looks like you’re feeling some big emotions right now. Let’s take some slow breaths together!”

- Have your child cup their hands as if they are holding a bowl of warm soup
- Have them breathe in slowly through their nose like they’re smelling the soup
- Have them blow out slowly through their mouth like they’re cooling the soup
- Repeat the exercise 2–3 times or until your child feels calmer



Turn to page 19 for a kid activity on FEELING CALM that you can cut or tear out for your child.



Watch this kids’ video at the Second Step Family website for tools to help your child feel calmer.

4

Recognizing Feeling Frustrated

First grade can be very frustrating.

At this age, kids are trying hard to get better at all kinds of difficult skills—but they'll probably make a lot of mistakes before they're able to succeed.

They're also starting to want to make their own choices—but for lots of reasons, they can't always have their own way.

It's perfectly okay to feel frustrated when things don't go the way we want them to. What isn't okay is when frustration is so overwhelming that we act out or shut down.

The class will learn that:

- Frustration is the feeling we get when we can't do something we want or need to do
- Helping ourselves feel calmer is a good first step when we're frustrated
- If we're frustrated while learning a new skill, we'll need to refocus and keep trying in order to get better at it
- We can always ask for help when we are feeling frustrated

In class, first graders will practice calming tools like slow counting, slow breathing, and asking for help to help them recover and move forward from a frustrating situation.



Parents—Use This Tool at Home



SLOW COUNTING can be used to help kids feel calmer and re-center when they are frustrated. At this age, your child is still learning this tool, and will need an adult to help them practice. To practice slow counting:

- Start by slowly counting out loud together from 1-10
- Then have your child count in their head while you slowly tap or clap softly 10 times
- Eventually your child will be able to do this exercise silently on their own



Turn to page 21 for an art activity to help your child identify feelings of frustration and page 23 for a set of kids' Mood Match playing cards to help your child recognize different ways of expressing emotions.



This can also be a great opportunity to revisit the HELPFUL THOUGHTS skill your child learned in Unit 1. Some kind phrases the class learned to help them stay motivated when they feel frustrated are: “I can’t do this . . . YET!” “If I practice I know I’ll get better,” “I can do it!” and “I will be so proud of myself when I succeed!”



Watch our kids' video “Countdown to Calmness” to help your child get better at recognizing and managing frustration.



Facing Our Feelings

We can get clues about how someone feels by looking at their face. Try to decide from their faces what these kids might be feeling. Then draw them a new feeling!

Circle the person's emotion . . .

Then draw a new emotion!



Keisha looks . . .

Sad Happy

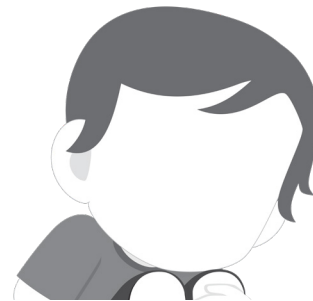


Now draw a frustrated face on Keisha!



Marco looks . . .

Worried Happy



Now draw a happy face on Marco!



Kenji looks . . .

Sad Mad



Now draw a worried face on Kenji!



This page is for you!






Cut or tear this page.

Fill in the Blank

This story needs your help! When you find a blank space, look at the symbol under it. Then go to the bottom of the page and find the word list for that symbol. Pick a word and put it in the blank space (don't forget to cross it off the list)! Keep going until all the blank spaces are filled. Then read your silly story out loud!

Marty Mouse felt worried! Today was show and tell, and she had brought her favorite _____ from home. It was _____ and _____, and it _____ really fast! "But what if the class doesn't like it? Oh dear. Maybe I should have brought my _____ instead," she thought to herself. Just then the teacher called her name. Marty took a couple of deep breaths. "I can do this!" she told herself. She _____ to her feet and _____ to the front of the room. "Wow!" said the class. "We never saw a _____ like that before! It's so _____!" "If you think that's cool," said Marty, "you should see my _____!" The class smiled and _____. "Thank you, Marty," said her teacher. "And for doing such a good job, I'm going to give you a gold _____!"

			
spaceship	giraffe	flew	curly
tiger	tuba	twirled	striped
sandwich	treehouse	somersaulted	wet
sock	pirate ship	jumped	tired



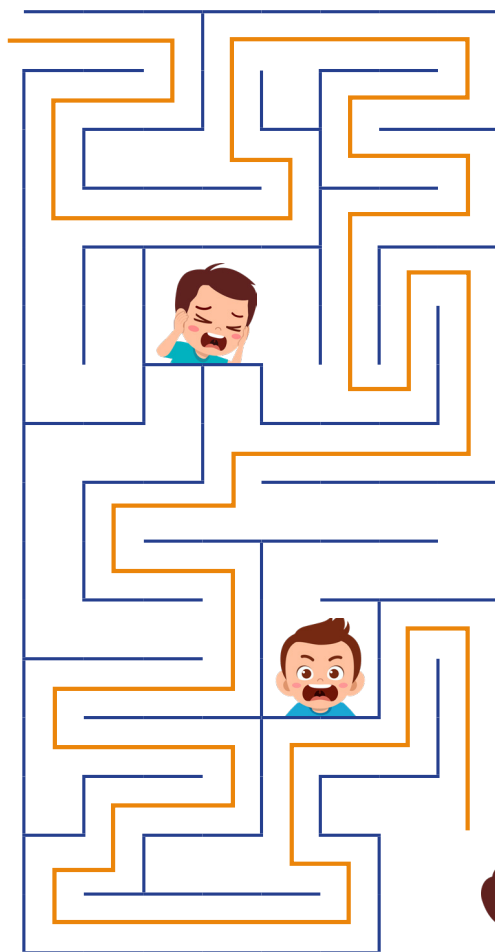
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Cut or tear this page.



Solution!



"Can you help me feel calmer?"



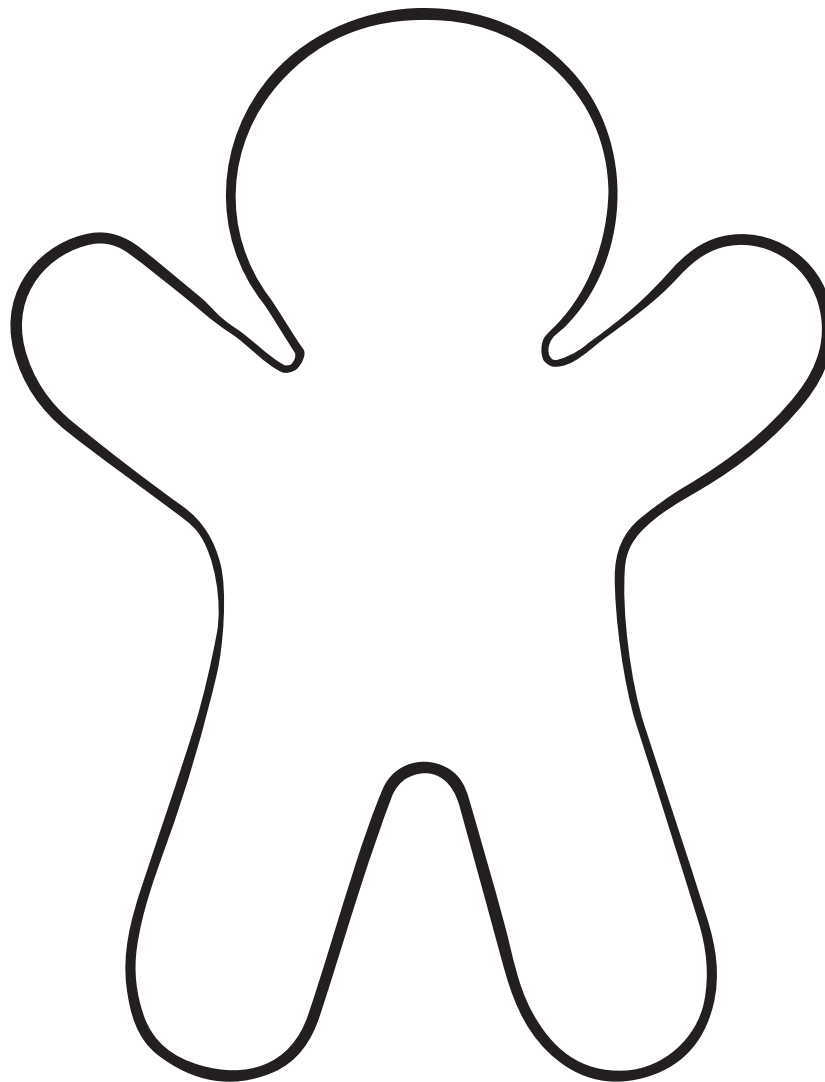
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How Does Frustration Make You Feel?

Does your face feel hot? Do your eyes get tears? Do your fingers tingle?
Does your chest feel tight? Do your feet want to kick?

Look at the outline below, and draw, color, or write on it to show how and where you feel frustration in your body. Think about how you feel from the top of your head to the tips of your toes, inside and out!





This page is for you!



Cut or tear this page.

Mood Match



HOW TO PLAY

Guess the Emotion (2+ players)

- Stack the cards face down.
- Draw a card but don't let anyone see it.
- Make a face to show the emotion on the card and see if the other players can guess which card you chose.
- Take turns.

Making Faces (1–2 players)

- Stack the cards face down.
- Turn over the top card.
- Name the emotion on the card and make a face to show that emotion.
- Take turns or play by yourself!

Matching Emotions (2+ players)

- Spread all the cards out, face down.
- Take turns turning over two cards at a time.
- If they don't match, turn them both face down again and leave them where they are.
- If you find a match, you keep that pair of cards!
- Whoever has the most cards at the end of the game wins.

Matching Emotions (solo version)

- Spread all the cards out, face down.
- Turn over two cards at a time.
- If they don't match, turn them both face down again and leave them where they are.
- If you find a match, you keep that pair of cards. How fast can you collect all the cards?





This page is for you!



Cut or tear this page.

Cut out cards along the dotted line





Cut or tear this page.

Second Step® Family Activity Booklet User Notice

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