

Kindergarten- Life Skills Lessons Update

Weeks 12-17 (11/17-12/23)

*Look for the letters sent home with your child for more information and at home ideas!

Week 12: Second Step Lesson3- **Feelings Continued**

-Kindergarteners have been continuing to learn about different feelings such as:

- Happy
- Sad
- Mad/Angry
- Scared
- Surprised
- Disgusted

-Students have been practicing their “feeling faces” by showing what their face would look like in certain situations. They have also been trying to identify one another’s feelings. This concept is the basis of empathy.

-What is most important is that children know every feeling is OK to feel but it is what is done with that feeling that is okay or not okay. For example: getting angry is okay but hurting someone else or yourself is not okay. Taking deep breaths, counting to ten, using words/talking to someone and walking away are good strategies to use instead. Ask your child to brainstorm other positive ways to deal with strong emotions. Calming strong emotions will be practiced even more in upcoming lessons after the break.

Week 13: Partial Week for Thanksgiving

Week 14: Second Step Lesson 4- **We Feel Feelings in Our Bodies**

-Students learned a new feeling word: worried as well as what strong emotions can make our bodies feel like such as:

- Tummy aches
- Headaches
- Chest pain
- Rapid breathing
- Fast heartbeat

-Being able to identify where a child feels strong emotions in their body can help them name the feeling and also use appropriate strategies for calming his/her self down.

-See if your child can identify where they feel emotions in their bodies. (ex: tummy when scared, legs when excited, heart beating fast when angry, etc.)

Week 15: Second Step Lesson 5- **Feelings Change**

-Students hear a story about a child who was very scared of monkey bars before trying them and getting better at them. The student now feels happy to go on the monkey bars. Kindergarteners discussed feelings they have had that have changed and that it's okay for feelings to change.

-Ask your child to share with you a time when his/her feelings changed and share one of your stories as well.

Week 16: **Second Step- Same or Different** (Second Step Lesson 6)

-Kindergarteners talked about how two people can have very different feelings about the exact same thing. For example, some people are terrified of thunderstorms while others love them. Sometimes children think that others should feel the same way they do, but it's important to learn that it's okay to have different feelings.

-Discover things that your child and you feel differently about and the same about. (Ideas: trying a new food, thunderstorms, going on vacation, riding a roller coaster, flying in an airplane, jumping on a trampoline, swimming, etc.)

Week 17: Partial Week for Winter Break

-Ms. Spone's class will be watching a short video on Kindness and discussing ways to show kindness over the Winter Break without spending any money.