



Lesson Time

Your child is learning that sometimes he or she has strong feelings that are uncomfortable. Your child is also learning about feeling frustrated. Children can feel frustrated when they are trying to do something that is really hard.

Children are learning this step for when they feel frustrated: Put your hands on your tummy and say “Stop” to begin calming down.

Knowing how to calm down helps your child learn at school and at home.

Play Time

Play a game with your child. Practice calming down while trying to do something really hard, such as buttoning a coat, tying a shoe, or putting together a new puzzle.

Say: **We’re going to play Freeze! while you are buttoning your coat.** Explain the game. **You will start buttoning your coat. When I say “Freeze!” you stop, put your hands on your tummy, and notice if your body feels uncomfortable. If you are feeling frustrated, you say “Stop!” Then when I say “Go,” start buttoning your coat again.** Play the game while your child tries one or two difficult tasks.

Story Time



This week’s story is about Tatiana. Tatiana is trying to tie her shoe. Ask your child about this story.

- **What do you see in this photo?**
- **How is Tatiana feeling?** (Frustrated.)
- **How can you tell?** (By the look on her face—she’s crying. By what she is doing—something really hard.)
- **What can Tatiana do to start calming down?** (She can put her hands on her tummy and say “Stop.”)

Now let’s pretend you’re Tatiana. Show me what you can do to start calming down. Put your hands on your tummy and say “Stop.”