

What Is My Child Learning?

Unit Themes

Your child is learning more words to describe different feelings. When we feel good after we do something hard, that's feeling proud. When something doesn't happen the way we wanted, we might feel disappointed. Second graders are also learning a new way to help themselves feel calm. Thinking of things that make them smile, like a favorite pet, or saying nice things to themselves like, "I've got this," can help when they feel worried or disappointed.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- ▲ **Be better learners**
- ▲ **Build stronger relationships**
- ▲ **Have higher self-esteem**
- ▲ **Be better problem-solvers**



Practice at Home

What to Look For

Notice and praise your child when they help themselves feel calm without help from an adult. You can say, **When you were upset, I saw you get calm all by yourself. Good job!** Your child may know a variety of ways to feel calm, such as slow breathing, slow counting, or saying something like, "I believe in me," to themselves.

Try This!

Discuss: Each week, ask your child, **When did you feel proud this week?** Share your own examples of times you felt good about yourself after doing something hard. For example, **I felt proud when my coworkers and I helped a lot of customers during a busy time at the store yesterday.**

Practice: Help your child think of things that make them smile or that they can say to themselves to feel better when they're upset, disappointed, or worried. They can draw pictures, make a list, or create a booklet to look at when they need it.