



What Is My Child Learning?

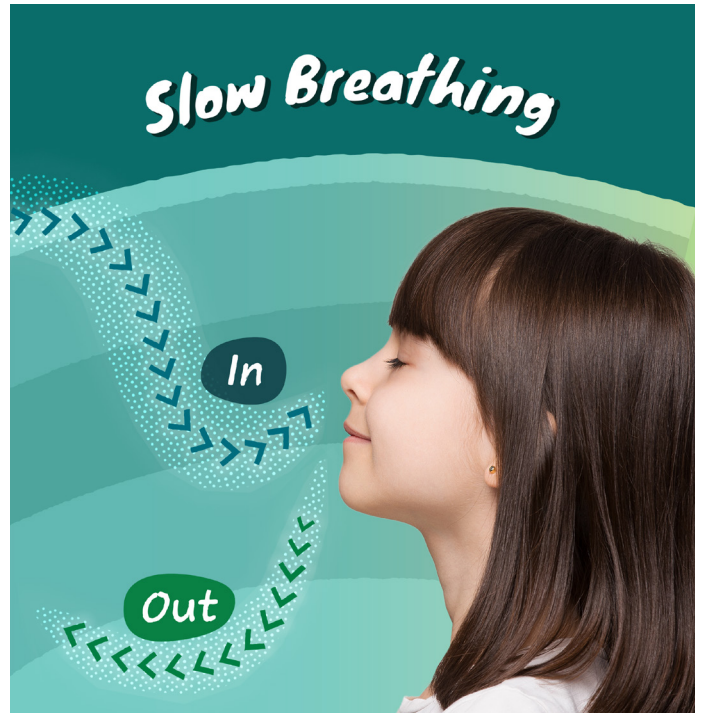
Unit Themes

Your kindergartner is learning to use clues, including looking at a person's face and body and what's going on, to recognize 3 common feelings—happy, sad, and mad. Toward the end of the unit, they also become familiar with slow breathing as a way to help themselves feel calm when they experience strong emotions.

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 recognize and label feelings—their own and other people's—or use clues to guess how someone else is feeling. You can say, **It does look like that person feels mad. Good job paying attention to their face and body and what's going on!**

Try This!

Discuss: A few times a week, ask your child, **When did you see someone who looked happy today? When did you see someone who looked sad? How did you know they felt that way?**

Discuss: A few times a week, ask your child, **When did you feel mad or sad today? What did you do to feel calm?**

Practice: After your child has learned slow breathing at school, practice with them. Take a deep breath through your nose, hold it for a moment, then slowly release it through your mouth.