

What Is My Child Learning?

Unit Themes

Your first grader is learning how to use clues, like looking at a person’s face and body and what’s going on, to guess how someone is feeling. They also learn words to describe more complex feelings—worried, calm, and frustrated. Toward the end of the unit, they practice 2 ways to feel calm when they experience strong emotions: asking for help and slow counting.

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**



Mateo felt frustrated when he had trouble putting stickers on a toy rocket. He used slow counting to help himself feel calm.

Practice at Home

What to Look For

Notice and praise your child when they recognize and label how someone else is feeling by looking at their face and body and what’s going on. You can say, **It does seem like your cousin is frustrated! He’s frowning and he can’t get to the toy on the table. Good job using clues to guess how he feels.**

Try This!

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

Discuss: Show your child the picture above. Ask them to tell you how the character (Mateo) felt in the video, and what he did to feel calm.

Practice: After your child has learned slow counting at school, practice with them. Count slowly from 1 to 10, clapping quietly with each number.