



Lesson Time

Your child is learning that he or she may have strong feelings about the new things to do in kindergarten, such as riding the school bus.

Your child is reviewing how to identify feelings and how to calm down if those feelings are strong:

- Put your hands on your tummy and say “Stop.”
- Name your feeling: “I am excited.”
- Take some belly breaths. Breathe in slowly through your nose and then out slowly through your mouth.

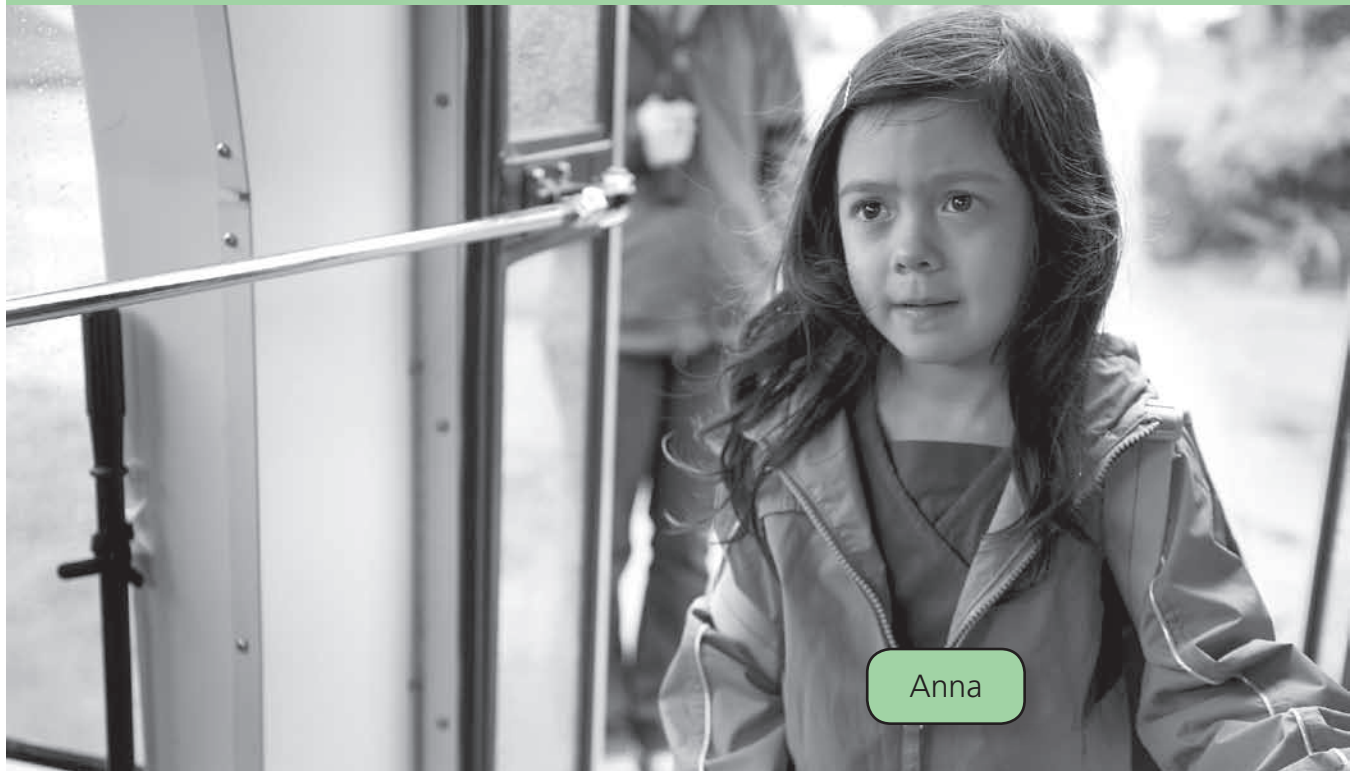
Play Time

Play a game with your child to practice calming down strong feelings.

Say: **We are going to play I’m Feeling.... Pretend you are feeling really excited about riding the bus.** Have your child pretend to feel excited. **Now we are going to practice calming down.** Practice the Calming-Down Steps in the Lesson Time section with your child.

Repeat the game with different situations and different strong feelings, such as worried, scared, disappointed, angry, or frustrated.

Story Time



This week’s story is about Anna. She is going to ride the big bus to kindergarten for the first time. Ask your child about this story.

- **What do you see in this photo?**
- **How is Anna feeling about riding the bus?** (Worried.) **How can you tell?** (By the look on her face. By her body.)
- **What can Anna do to calm down?** (Put her hands on her tummy and say “Stop.” Name her feeling. Take belly breaths.)

Let’s practice how Anna can calm down. Follow the Calming-Down Steps in the Lesson Time section with your child.