



### Lesson Time

Your child is learning that we feel feelings in our bodies. He or she is also learning about feeling worried.

Children are learning these steps for when they feel worried:

- Put your hands on your tummy.
- Ask, “How is my body feeling?”
- Notice how your body feels. It may feel uncomfortable. Your tummy might hurt or your heart might beat quickly.
- Talk to a grown-up.

When your child is worried, talking to a grown-up can help him or her cope.

### Play Time

Play a game with your child to practice what to do when feeling worried.

Say: **We are going to play I’m Worried. First think about something you sometimes worry about. Now say, “I’m worried.” Put your hands on your tummy and ask, “How is my body feeling?” Now tell me what you worry about.** Give your child an example of what you worry about: **I sometimes worry I will be late for work.**

Continue playing if your child has more than one thing he or she worries about.

### Story Time



This week’s story is about Michael. Michael is waiting for his grandma to pick him up. She is late. Ask your child about this story.

- **What do you see in this photo?**
- **How is Michael feeling?** (Worried.)
- **How can you tell?** (By the look on his face. By his body—it looks like his tummy hurts. By what is happening.)
- **What can Michael do to feel better?** (Talk to a grown-up—his teacher.)

**Now let’s pretend you’re Michael and I’m your teacher. How can Michael tell his teacher what he’s worried about?** (I’m worried. My grandma is late. I wonder where she is.)