



What Is My Child Learning?

Your child is learning that people can have different feelings about a situation, and that these feelings can change.

Why Is It Important?

Understanding similarities and differences between their own feelings and other people's feelings helps children have empathy for others.

Ask your child: What is it called when you feel or understand what another person feels?

Second Step answer: Having empathy.

Read Together

Empathy means feeling or understanding what someone else is feeling. Noticing how others feel and understanding that their feelings change helps you have empathy.

Practicing helps your brain grow stronger so you can feel more confident about how well you do something.

Practice Together: Choral Clapping

Child:

1. Teach the adult the Choral Clapping game you learned at school.
2. Lead the adult in the game.
3. Notice how your feelings change each time you lead the game.
4. Rate how confident you feel about leading the game after each practice. Does your confident feeling grow?

Adult:

1. Learn the Choral Clapping game from your child. (Child begins a steady clapping rhythm, and you clap on every third beat.)
2. Practice the game together.
3. Notice how your feelings change each time you practice the game.
4. Rate how confident you feel about playing the game after each practice. Does your confident feeling grow?

Confidence Ratings

Child: Rate Your Confidence in Leading the Game			
Great			
Good			
So-So			
	Practice 1	Practice 2	Practice 3

Adult: Rate Your Confidence in Playing the Game			
Great			
Good			
So-So			
	Practice 1	Practice 2	Practice 3

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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