

**What Is My Child Learning?**

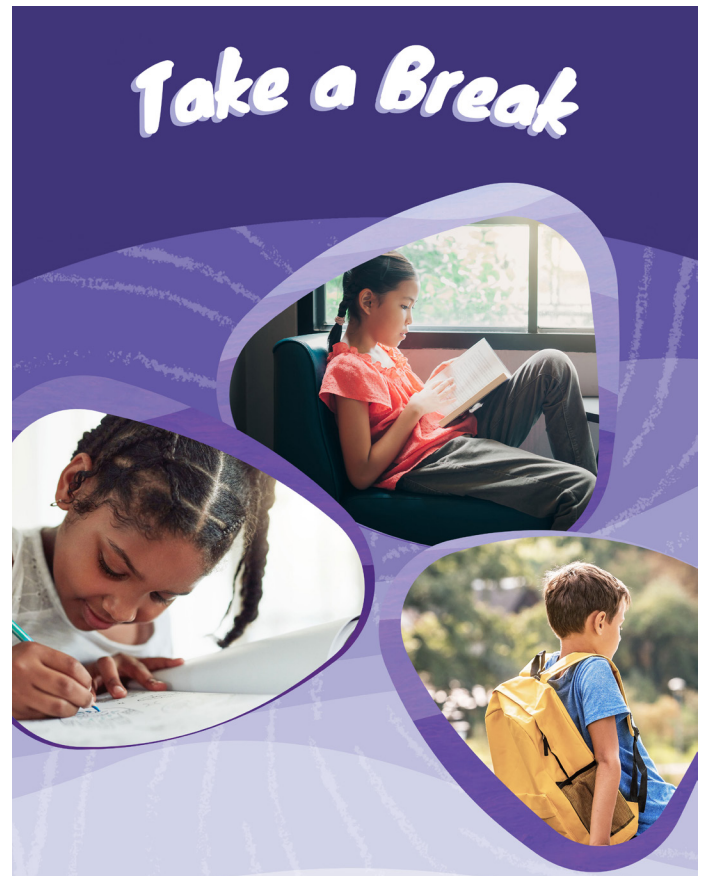
**Unit Themes**

Your child is learning that emotions are important because they give us helpful information about what’s happening in our daily lives. For example, fear tells us we might be in danger. In this unit, third graders practice accurately labeling different levels of happiness using the words “content,” “happy,” and “excited.” They also practice labeling different levels of anger with the words “annoyed,” “angry,” and “furious.” In addition, third graders learn to identify when and how they can take a break to help calm strong emotions.

**Why is it important?**

Research shows that children who learn the skills in this unit are more likely to:

- ▲ **Develop stronger coping skills**
- ▲ **Be better problem-solvers**
- ▲ **Make better decisions**
- ▲ **Build stronger relationships**



**Practice at Home**

**What to Look For**

**Notice and praise your child when** they choose to take a break at home. They may find a comfortable corner or just put their head down for a few minutes. You can say, **Good job taking a break when you needed it.**

**Try This!**

**Discuss:** Take turns talking about a time when you felt content and a time you felt excited. Explain how you knew the difference. For example, **I felt content after dinner because we were relaxing and talking together. I felt excited when my good friend was coming to visit. It was all I could think about all day.**

**Practice:** Help your child think about when and how to take a break at home. Then, when your third grader is experiencing a strong emotion such as anger, ask, **Would now be a good time to take a break?**