



What Is My Child Learning?

Your child is learning how to notice and understand feelings in him- or herself and others.

Why Is It Important?

Understanding that everyone can experience different feelings and perspectives helps children get along better with others.

Ask your child: What is it called when you feel or understand what another person is feeling? *Second Step answer: Having empathy.*

Read Together

You've been learning a lot about feelings. You've learned these things:

- People can have different feelings and perspectives about the same situation.
- People's feelings and perspectives can change.
- People can have conflicting feelings about a situation.

Noticing and understanding others' feelings helps you have empathy for them. Understanding and accepting how you are similar to and different from others helps you get along better with them.

Practice Together: Two Thumbs Up!

1. Each person decide if you do or do not like doing each activity.
2. Show your preference by checking off a thumbs-up for yes or thumbs-down for no.
3. Under the "Same?" column, check off a thumbs-up if you both had the same preference or a thumbs-down if you did not.
4. Count how many times you had the same preference, and record the number below.

Activity	Child		Adult		Same?	
	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Playing soccer	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Writing a story	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Digging in dirt	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Being alone	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Staying up late	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Baking cookies	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Doing puzzles	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Petting a cat	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Braiding hair	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down
Sorting laundry	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down	<input type="checkbox"/> thumbs up	<input type="checkbox"/> thumbs down

How many times did you have the same preference? _____

Do you have a lot in common? _____

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