



2nd Grade Unit 2: Emotion Management

[Unit 2 2nd Home Link English](#), [Unit 2 2nd Homelink Spanish](#)

Lesson 6: Feeling Proud

In this week's lesson, your child will learn that we can feel proud when we accomplish something difficult or when we do something nice for others. Ask your child to tell you about a time they felt proud. Tell them about a time you felt proud of something you accomplished or of doing something nice for others.

Lesson 7: Feeling Disappointed

In this week's lesson, your child will learn that we can feel disappointed when something we want or expect does not happen. Remind your child that everyone feels disappointed sometimes. Ask them what they can do to feel better the next time they're feeling disappointed.

Lesson 8: Help Yourself Feel Better

In this week's lesson, your child will learn how to use positive self-talk to help themselves feel better when they're upset, disappointed, or worried. Ask your child what they want to tell themselves when they're having a tough day. Encourage them to use positive self-talk at home.

Lesson 9: Different Feelings

In this week's lesson, your child will learn that people can have different feelings in the same situation because of their experiences. Ask your child for an example of something that people can have different feelings about. Talk about the reasons people might have different feelings about it.

Lesson 10: How Do You Feel?

In this week's lesson, your child will explain why their classmates have a different feeling from theirs in the same situation. Ask your child to tell you what they learned about their classmates' feelings and their own feelings.

[Full Curriculum Scope and Sequence](#)

