

	Kindergarten Summary: In this week’s lesson, your child will learn to use body language and context clues to figure out when someone feels happy. They’ll practice looking at the person’s face and body, as well as thinking about what’s going on in the situation. Try This at Home: Encourage your child to notice when others around them feel happy. Have them practice using body language and context clues to figure out when family members, friends, or characters in books, movies, or on TV might be feeling happy.
1st Grade Summary: In this week’s lesson, your child will practice using body language and context clues (looking at the person’s face and body, thinking about what’s going on in the situation) to figure out how someone is feeling. Try This at Home: Ask your child to tell you how they think others around them might be feeling, for example, a sibling or a character in a story, a movie, or a TV show.	2nd Grade Summary: 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. Try This at Home: 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.
3rd Grade Summary: In this week’s lesson, your child will learn that emotions give us information about what we want or need. Try This at Home: Ask your child what information the emotions fear, sadness, and happiness give us.	4th Grade Summary: In this week’s lesson, your child will learn that our brain works best when the logic and emotion centers are balanced and working together. Try This at Home: Tell your child about a time when a strong emotion made it hard for you to learn something new or caused you to say or do something that hurt someone’s feelings. Discuss why it’s important to learn to manage strong emotions.

5th Grade

Summary: In this week's lesson, your child will learn that it's possible to anticipate recurring situations that cause them to feel strong emotions so they can plan ways to manage those emotions in the future.

Try This at Home: Tell your child about a recurring situation in your life that typically causes you to feel a strong emotion, like anger or frustration. Ask your child to tell you about similar situations in their life.

6th Grade

Summary: This week's lesson will introduce your child to guiding principles—the things that are most important to people that help them make decisions. Your child will learn about 10 common guiding principles and discuss how guiding principles can help them understand behavior, including their own.

Try This at Home: Tell your child about something important to you that you consider one of your guiding principles. Ask them to name some guiding principles that they found interesting or feel strongly about.

7th Grade

Summary: In this week's lesson, your child will learn about self-concept—how they see and think about themselves. They'll learn that a person's self-concept can affect their actions and decisions, which is why it's important to develop a positive self-concept.

Try This at Home: Ask your child to explain what a self-concept is. Ask them why they think it's important to have a positive self-concept.

8th Grade

Summary: In this week's lesson, your child will learn about agency—the power to make and act on their own decisions. They'll identify some areas in their lives in which they have agency and learn that focusing on those areas can help them feel empowered.

Try This at Home: Tell your child about an area in your life in which you have agency. Ask them to describe where they have agency in life.