	**Kindergarten** Summary: In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels sad. 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 sad. 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 sad.
1st Grade Summary: In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels worried. 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 might feel worried. 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 worried.	**2nd Grade** Summary: In this week's lesson, your child will learn that we can feel disappointed when something we want or expect does not happen. Try This at Home: Remind your child that everyone feels disappointed sometimes. Ask them what they can do to feel better the next time they're feeling disappointed.

3rd Grade	**4th Grade**
Summary: In this week's lesson, your child will learn words for three degrees of anger: annoyed, angry, and furious. Try This at Home: Ask your child to explain the differences between feeling annoyed, angry, and furious.	Summary: In this week's lesson, your child will learn what it means to rethink a situation and how it can help them calm strong emotions. Try This at Home: Tell your child about a time when rethinking a situation, or thinking about it in a different way, helped you feel better. Encourage your child to talk about times in their lives when rethinking could have helped them.
5th Grade	**6th Grade**
Summary: In this week's lesson, your child will identify signs of stress, situations that can cause them to feel stress, and strategies they can use to manage feelings of stress. Try This at Home: Ask your child what their body feels like when they're stressed and what things cause them to feel stress. Share your own experiences with stress and what you do to manage it.	Summary: In this week's lesson, your child will identify some of their own guiding principles. Try This at Home: Ask your child to share some of their guiding principles. Ask what guiding principles they think are common in your household or extended family.
7th Grade	**8th Grade**
Summary: In this week's lesson, your child will describe multiple parts or pieces of their self-concept. Try This at Home: Tell your child about the way you see yourself. Describe different aspects of your self-concept, such as the way you see yourself at work vs. at home. Ask your child to describe their self-concept, including how they see themselves emotionally, physically, socially, or at school.	Summary: In this week's lesson, your child will learn about confidence—their belief in their ability to do something—and that there are four sources of confidence. Try This at Home: Tell your child about a time when you felt confident and then describe a time when you didn't feel confident or when you increased your confidence. Ask your child what the four sources of confidence are.