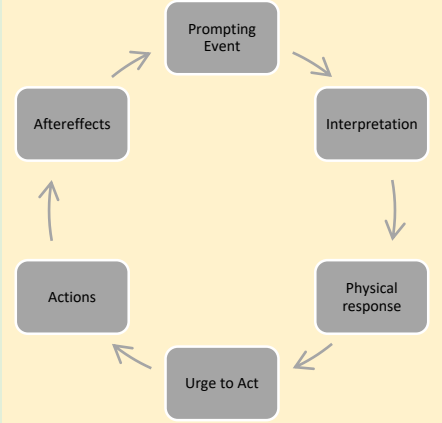


## Advisory Weekly Family Supplement: Emotions

Each week you will receive a Family Supplement to inform you of the topics being covered in student advisories that week. The supplement will include activities you can do with your child at home to reinforce weekly advisory priority topics.

Weekly Advisory Lesson Family Supplement: Emotions			
Description	SEL Areas Addressed		
<p><b>Dear Family, this week student advisories are focused on the following topics:</b></p> <ul style="list-style-type: none"> <li>○ Understanding the connection between your emotions, thoughts and actions, including what you say and feel.</li> <li>○ Expanding your knowledge of the spectrum of emotions</li> <li>○ Understanding the cycle of emotions: prompting event, interpretation, physical response, urge to act, action, and after effects:</li> </ul> <div style="text-align: center; margin: 20px 0;">  </div>	✓	Self-Awareness	
	✓	Self-Management	
	n/a	Relationships	
	✓	Decision Making	
	✓	Social Awareness	
	<b>Family Resources Available</b>		
	1	<a href="#">Emotion &amp; Feeling Wheel</a>	
	2	Responding to Emotion Protocol	
	<b><u>Family Activity</u></b>		
	<p><b>This week we want to help students respond to their emotions using the following steps:</b></p> <p style="margin-left: 40px;"><b>Step 1:</b> Understand Your Emotions  <b>Step 2:</b> Identify the Emotion  <b>Step 3:</b> Breakdown the Feeling  <b>Step 4:</b> Name It  <b>Step 5:</b> Collaborative Action Planning</p> <ol style="list-style-type: none"> <li>1. Each day you can ask your child to share with you their feeling wheel or feeling faces chart.</li> <li>2. Have them identify an emotion they are currently feeling and name it.</li> <li>3. Ask them where in their body they might be feeling their emotion and what they are thinking about doing in response.</li> <li>4. Help them to determine what might happen if they follow through on their reactions and act out in response to their emotions</li> </ol>		