

Dear Families/Caregivers,

Emotions give meaning to our lives. They drive our feelings, thoughts, behaviors, decisions, and sense of self.

We have been learning about the range of emotions and how emotions are constantly changing and how emotions are influenced by our personalities and our past experiences. How we emotionally respond to something can be affected by our personal beliefs, values, and morality. We practiced tracking our emotions and looking at the range of emotions that we experience in a day.

Here are some things that you can do with your teen at home:

- Compare and discuss how your adult emotional responses differ from your teens' emotional responses in similar situations.
- Talk with your teen about how different people react differently to different situations. For example, when some teens are stressed about a test, they avoid studying; whereas other teens who are stressed about the same test may study excessively. Help your teen understand strategies that work well for him or her to deal with his or her emotions.
- Ask your teen to share his or her completed *My Wave Tracker* activity with you and discuss the range of emotions.

Emotions are an important part of understanding ourselves and others. Help your teen to understand, accept, and regulate his or her emotions by providing a model of emotional maturity.