

Dear Families/Caregivers,

We all experience a variety of different emotions – happy, sad, angry, surprised, embarrassed, etc. Emotions drive our feelings, thoughts, and behaviors and impact our self-esteem and social interactions.

We have been learning to identify our emotions and name them. We have learned that we can identify emotions by how we feel, our own body language, and the body language of others. We learned to recognize these six emotions:

- happy – smile, bright eyes, relaxed body
- sad – frown, sad eyes, wrinkled brows, slouched shoulders
- surprised – o-shaped mouth, raised eye brows, bodies straight
- scared – wide eyes, raised eye brows, bodies lean backwards
- angry – squint eyes, wrinkled brows, crossed arms, tense bodies
- disgusted – crinkled nose, tongues stick out, hands push away

Here are some activities that you can do with your child:

- Watch a movie or TV show with your child. Pay attention to the characters' body language and facial expressions. What emotions does the character show?
- Ask your child about an emotion he or she experienced today. What happened to cause that emotion? What happened to his or her body? What happened to his or her face?

Being able to identify and name our emotions is an important first step in developing emotional maturity. Take time throughout the day to ask your child to identify his or her emotions.

Sincerely,
Your Child's Teacher