

Dear Families/Caregivers,

Emotions are a natural part of what makes us human. 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 body language, and the body language of others. We learned to recognize these emotions:

- happy – smile, bright eyes, relaxed body
- sad – frown, sad eyes, wrinkled brows, slouched shoulders
- surprised – o-shaped mouth, raised eyebrows, bodies straight
- scared – wide eyes, raised eyebrows, bodies lean backwards
- mad/angry – squint eyes, wrinkled brows, crossed arms, tense bodies
- disgusted – crinkled nose, tongues stick out, hands push away
- proud – great big smile, standing tall, chest puffed out, raising hands over head
- excited – big smile, eyes big and wide, jumping up and down
- embarrassed – looking at floor, head down, face a bit red
- scared – raised eyebrows, crossed arms, wide eyes, mouth open, hands over face

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