

Dear Families/Caregivers,

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

We learned that emotions are natural and valid and that all emotions are okay. We learned to identify and accept our emotions using these strategies:

- Pause.
- Ask yourself how you feel.
- Name the feeling.
- Accept the feeling.

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

- Watch a movie with your child that evokes some kind of emotion (e.g. happy, sad, angry, etc.), then ask your child to go through the steps above and describe how he or she is feeling.
- Notice the emotions your child experiences within a day. Talk about the emotions with your child. What situations cause what kind of emotions? What behaviors does your child have when experiencing different emotions?

Being able to recognize and accept one's emotions is important in developing emotional maturity. Take time throughout the day to help your child identify and accept his or her emotions and to recognize how he or she responds.

Sincerely,

Your Child's Teacher