

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 the brain's natural reaction to a situation and that everyone responds differently to different situations. Our responses are based on our personalities and experiences. Here are some ways our emotions effect our behaviors:

happy – When people are happy, they smile, laugh, and are full of energy.

sad – When people are sad, they may frown, wrinkle their brows, or slouch. Some people who are sad may want to be alone. Others may want to be around people.

angry – When people feel angry, they may want to yell, hit, or say unkind words they wish they had not said. Some people may not want to talk at all.

scared – When people feel scared, they may cover their face, look away, or scream.

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

- Take your child to a pet store or playground. Observe and talk about the different emotions that children are having to different situations.
- 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 one's emotions is an important first step in developing emotional maturity. Take time throughout the day to help your child identify his or her emotions and recognize how he or she responds.

Sincerely,

Your Child's Teacher