

Dear Families/Caregivers,

Respect is demonstrated through communication and behavior. We all have a need to belong, and respect provides us with a sense of belonging.

In order to succeed in social situations, it's important to recognize and respond to the ways in which body language communicates respect or disrespect. Here are some ways that our body language can communicate with others:

Body Language can help us navigate social situations. For example, *slumped shoulders* indicate that someone is sad or tired. *Arms folded* may indicate anger or fear. *Thumbs up* or *nod of the head* may indicate approval. *Shake of the head* or *tilting of the head* may indicate disagreement or confusion. *Finger tapping* may indicate nervousness or excess energy.

Here are some activities to help your child identify social cues:

- When you're out and find yourself waiting, play a quiet game of *What Are They Thinking?* Discretely notice a person using facial expressions or body language and guess along with your child how the person may be feeling?
- Play an informal game of body language charades, acting out different body language and having the other guess the feeling.

Sincerely,

Your Child's Teacher