

Dear Families/Caregivers,

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

We learned strategies for using words to express our emotions. We learned how to recognize our emotions and how to express them. We learned 3 strategies for expressing our emotions:

- Pause and identify.
- Accept your emotion.
- Say what you feel.

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.
- Ask your child to think of a time where he or she experienced a strong emotion and to talk about how it made him or her feel.
- Notice the emotions your child experiences with in a day. Talk about the emotions with your child. What situations cause what kind of emotions? What are the behaviors your child has when experiencing different emotions?

Expressing our emotions is an important part of communicating with others and building awareness of ourselves and others.

Sincerely,

Your Child's Teacher