



Hello Parents.

In Module One we will be learning about the emotion **happy**.
A worksheet with my happy emotion will be sent home and it has some questions for you and your child to answer together. Please send the worksheet back to school so that at the end of the program your child will have an emotions journal to bring home to share with you.

We will also be learning about the energy gauge — we call it the Colour Gauge — which helps me understand when my body has too much energy, too little energy or is just right for the activity I am doing.

Sometimes when I have too much energy, or too little energy, our teacher has us do activities to help my body get what it needs so I can be ready to play and learn.

Our teacher is sending home a copy of the Colour Gauge so that you can use it together as a family.

Thanks for reading.

Melvin 



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MELVIN *talks*
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