




Hello Parents.

This week we are learning about the emotion **angry** 
A worksheet with my angry emotion is being 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.

I don't like to feel angry but sometimes when I am frustrated, sad, lonely, afraid, or jealous, I can appear to be very angry. The best thing to do when I am angry is to validate my feelings. Saying things like, "Melvin you look really angry right now" and just staying with me until I calm down can help me. Next week, we will learn the Turtle Technique, a strategy to help us calm down when we are feeling angry.

Also, our teacher is sending an emotions chart home so that we can learn the emotions together and a song that we can sing together.

Thanks for reading.

Melvin 



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MELVIN *talks*
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