


Hello Parents.

This week we are learning about the emotion **scared** 
A worksheet with my scared emotion has been sent home and 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 am learning that we can all feel scared sometimes for different reasons. I feel better when my scary thoughts are validated and not minimized. Sometimes, I get scared because I think there is a monster under my bed, but then my dad will always look under the bed for me and lets me know that it is ok. This helps my scary feelings go away for the night. Thanks dad!

Thanks for reading

Melvin 



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MELVIN talks
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