




Hello Parents.

This week we are learning about the emotion **sad** . A worksheet with my sad emotion has been sent home with your child and it has some questions for you 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 are also learning problem solving strategies. Last week we learned about the solution "Trade" to use with our friends so that we can all have turns with the different toys in the classroom. This week Melvin is helping us learn the solution "Take a Breath." We will be learning 10 solutions that will be a part of our solution centre. When we are trying to find a solution, the solution centre is a safe place for us to go and help find a solution to solve the problem.

My teacher will send home a copy of the solutions we use in our solution centre at school, and a feather to practice our Monkey Breaths.

Thanks for reading.

Melvin 

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**MELVIN** talks  
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