



Hello Parents.

My name is Melvin and I will be introduced to your child through a self-regulation and social and emotional learning program called **The CALM Curriculum®**. Your child will learn about different emotions, how to cope with stress, problem solving skills, and much more through play-based activities.

Please ask your child about me and the skills we are learning together. You will also receive a regular handout from me that describes our learning and activities that you and your child can do at home.

This week Melvin would like to know more about your child, your family and your community. Please complete the sheet provided and return it to your child's teacher.

If you have any questions about **The CALM Curriculum®**, please do not hesitate to email my friends at the Fraser Valley Child Development Centre at connectwithcalm.ca.

Thanks

Melvin 

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MELVIN talks
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