



# HOME CONNECTIONS

First Grade / Emotions

## Dear Parents and Guardians,

Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy choices now and in the future.



### Lesson Highlights

#### Key Learning Adventures:

This week, your student learned about their emotions. Specifically, they learned how to use emotion words to express the way they are feeling.

Communication of how one is feeling can be difficult, even as we get older.



Learning how to effectively communicate their feelings and emotions through words is a life skill your student will be able to carry throughout their whole life.



### Why it Matters

Emotional intelligence is a lifelong skill that is developed over time. Being able to identify our emotions at an early age and express how and why we feel the way we do helps build our self-confidence as we continue to mature.



### Conversation Starters

When you see your student after school, ask them to share how they are feeling and how their day went.

Ask your student to share with you what makes them feel happy, sad, or even angry.

Reinforce with your student that they can always speak to you, a trusted adult, or their teacher if they are feeling sad or angry.



### Parent Resources

Emily's Hope Substance Use Prevention Curriculum  
<https://emilyshopeedu.org/>

Emily's Hope Parent Resources  
<https://parents.emilyshopeedu.org>

Emily's Hope website  
<https://emilyshope.charity/>