



HOME CONNECTIONS

Third 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 a deeper understanding of their own emotions. By now, your student can identify their basic emotions (happy, sad, angry, frustrated). Understanding how to manage emotions is an important life skill. When individuals begin to feel trapped in frequent states of sadness, depression, anxiety, fear, or anger they are more likely to turn to substance use in hopes of finding relief. Your child learned the importance of recognizing these emotions and to always ask for help from a trusted adult in their lives when they might feel this way.



Why it Matters

Learning to identify emotions is an important life skill because it supports children's self-regulation and social skills. It helps them understand and manage their own feelings, leading to better emotional control and resilience, and improves their ability to empathize with others and build stronger relationships.



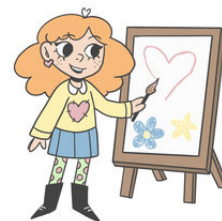
Conversation Starters

Ask your child to share a time when they felt worried or anxious. Discuss ways they can help their mind feel quieter and more peaceful.



Discuss with your child why someone might turn to drugs and/or alcohol to hide from or deal with their emotions.

Make a plan with your child. Who would they reach out to if they were feeling extended periods of being sad, lonely, or scared?



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/>