



HOME CONNECTIONS

Fourth 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 how our emotions can inspire our actions. Unfortunately, this can have both good and bad consequences/effects.

How we feel can certainly influence our actions. Our emotional intelligence is our ability to recognize these emotions when they arise in us and be able to discern appropriate responses to how we are feeling. As children practice this increasingly, the more confident they will be as they mature and handle emotional conflict as adults.



Why it Matters

Learning how emotions influence action is important because it helps children develop emotional regulation, leading to better behavior, stronger relationships, and improved academic performance. This understanding allows children to express their feelings in healthier ways, control impulses, and cope with challenges more effectively, which contributes to their overall well-being.



Conversation Starters

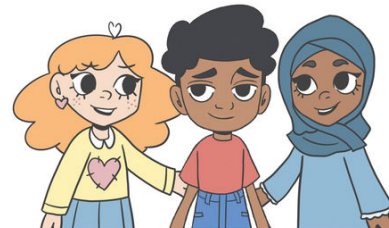
Ask your student to share with you a moment in their life that made them happy. How did they respond?



Ask your student to share an experience in their life that made them sad or regretful. How did they react, and what else might they do next time?



Together with your student, develop a plan they might use when feeling angry, how they will react, and whom they should talk to.



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/>