

Dear Parents and Guardians,

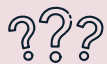
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week, your student learned how to identify their emotions in relation to life events they have experienced. Emotional maturity is a life skill. Being able to recognize and effectively communicate how you are feeling and understand why you are feeling that way is a skill that even adults can struggle with from time to time. The earlier a child can practice identifying their emotions and process the reasons they feel this way, the higher their emotional maturity will be as they grow into young adults.



Why it Matters

Learning emotional maturity helps children develop self-awareness, empathy, and the ability to regulate their feelings, which builds a foundation for healthy relationships and strong mental well-being. This emotional foundation can also lead to academic success, as children with greater emotional maturity are better able to focus, manage stress, and participate positively in class.



Conversation Starters

Create regular touchpoints with your student by asking about how they feel. Ask them to describe why they feel that way.

Have your student be creative and paint a picture of experiences that have made them sad, angry, or frustrated. Have them do the same for experiences that have made them happy.

What can you and your student learn from their artwork? What are the similarities and differences?



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/>