



HOME CONNECTIONS

Sixth Grade / Emotions

Dear Parents and Guardians,

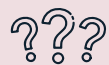
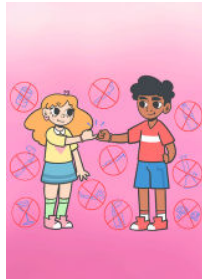
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week your student learned about their emotions. From managing their times of anger & frustration, bridging their fears, as well as the peaks and valleys that come with happiness and sadness. The ability to recognize and cope in a healthy way with these emotions is a life skill we can all learn.



Why it Matters

It's important for students to learn about emotions because it helps them develop key social-emotional skills, including recognizing and managing their feelings, building empathy, forming healthy relationships, and achieving overall well-being and resilience. This process allows them to navigate challenges, make thoughtful choices, and prepare them for adulthood.



Conversation Starters

Ask your student about the last time they felt happy, sad, or angry. Ask them to share their reasons and why they felt that way.

Discuss with your student different coping mechanisms they've used in the past to manage their emotions. Make sure to reinforce healthy coping skills.



Together with your student, list out the top things that make you happy. Or ask your student to be creative and express their happiness using an art or craft.



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/>