

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. They learned to identify common emotions that we all experience. Happy, sad, angry, jealousy, afraid, nervous, surprised, and confused are just some of the emotions covered in this week's lesson. They also learned the importance of using honesty and talking to a trusted adult or friend when expressing these emotions. Everyone has lots of feelings and emotions and that is okay.



Conversation Starters

Ask your student to share with you what made them feel happy today.

Have your student be creative and draw/color you a picture of different emotions (happy, angry, sad, etc)



Ask your student to share with you the last time they were sad, angry, or afraid. Why did they feel that way?



Why it Matters

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



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/>