ParentActivity

Letter

**Today, you can read “If You Happy and You Know It Clap Your Hands” by Jane Cabera.** The teacher used stuffed animals to encourage the children to talk about their feelings if they were happy, sad, angry, or frustrated. The teacher used a feeling chart with pictures to help children identify emotions and to talk about what causes each feeling and how they can respond to it. For example: “I am happy today because I am playing with my toys”, or “I am sad because I can’t find my favorite toy”. This activity will promote social emotional skills such as managing the feelings, responding to emotional cues, and interacting with others.

**At home**, you and your child can continue to talk about feelings and how your child feels every day. You can create a feeling chart with 3 headings: sad, happy, and angry and invite your child to talk about what makes him/ her happy or sad. For example, “I am happy because I am making a pancake for breakfast”, “I am sad because my brother does not want to share the toy with me.” To extend this activity, have your child draw a happy or a sad face.

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child.![C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf]()***

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate this activity from 1-5, circle your rating (5= highest rating): **12 3 4 5**

Comments about the activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room: