 **PARENT ACTIVITY LETTER**

**CHILD’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RATE THIS ACTIVITY FROM 1-5, CIRCLE YOUR RATING (5=HIGHEST RATING): 1 2 3 4 5**

**COMMENTS ABOUT THE ACTIVITY:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*\*At this time while your child is learning at home, there’s no need to return this PAL to school, but you can keep it to go over with your child as a follow-up learning experience.**

**\*\*Remember to have fun learning together!**



**REMOTE lEARNING ACTIVITIES**

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

**FOCUS BOOK**

**Recommended Read Aloud**: *I was So Mad by Mercer Mayer*

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours per week with your child.***

**Why It’s Important:**

When your child begins to understand his/her feelings, he/she may need guidance in order to recognize specific ones. Labeling your child’s emotions will show him/her that you understand what he/she feels and minimizes frustration your child may feel with themselves or others.

**Primary Objectives for the activity**

This activity will encourage 2b. Responds to emotional cues and 18 a. book conversations, and text reflections

**At home, invite your child to:** find a quiet place to read. Position yourself so that your child can see your facial expressions and the book’s illustrations. Invite your child to sit with you and read a book. As you read, use facial expressions and tone of voice to convey the feelings in the book. Recall a recent example of when your child was angry. For example, I *remember that you felt angry this morning when you had to wear your coat outside.* Invite your child to identify the feeling of the main character by the end of the story. For example, do you think he is angry now? What do you think he is feeling?

**To extend this activity:** Look for opportunities throughout the day to talk about your child’s feelings or point out his/her feelings of others. For example, *it looks like you are very excited that your cousin is coming for a visit. I can tell by the way you are smiling and hopping up and down!*