ParentActivity

Letter

**Today**, we recommend the book***, “When Sophie’s Feelings are Really, Really, Angry***” by Mollly Bang. In class, we focused on a variety of social conflicts and resolution skills. We modeled appropriate dialogue and conflict resolution techniques to help the children get through social issues such as sharing and making friends. For instance, we role played how to join a group of friends that are already playing and helped the child come up with words to use. This activity helped promote Social Emotional skills such Objective 1a. Managing Feeling

**At Home**, you can continue promoting Social-Emotional skills by looking for opportunities to demonstrate to your child how to express feelings in acceptable ways. For example, you along with your child can talk about ways we can calm down when we get upset. *We can count to 10 …SLOWLY*. *We can TAKE 5 deep breaths*. Together with your child, use expressions in your voice and face as you model correct behavior. Encourage your child to mimic your voice and match the tone of your voice as they repeat your words. You can say, “*I see that you are upset that your brother/sister knocked down your castle.”* Encourage your child to sayto their sibling, “I do not like it when you knock my castle down!” To extend this activity, have your child draw a picture of what makes them happy, sad, and/or angry.

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

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

Friday: Return by Wednesday:

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