

# My Feelings

**We all have emotions (feelings).** We can feel happy, sad, frightened, disappointed, frustrated, angry, and surprised. This week, your child will learn how to identify emotions and discover ways to handle his or her feelings.



## Word of the Week

emotions • emociones

*Our emotions are our response to what happens around us.*

Use the Word of the Week at home.

You might ask your child: *What emotion do you feel when \_\_\_\_\_?*

## Talk about Your Feelings

Describe a time when you felt sad. Ask your child to share something that makes him or her sad. Talk about other emotions you and your child have felt. Describe a scenario and ask your child how it would make him or her feel. For example: *How did you feel on your first day of Pre-K? How do you feel when you make a new friend?*

## Open and Closed

Use a piece of string to make a shape. If the ends of the string touch, the shape is called a closed shape. If the ends of the string do not touch, it is an open shape. Ask your child to tell if you if the shape is open or closed. Practice making lots of open and closed shapes with your child.

## More Words to Know

angry • enojada  
bored • aburrido  
closed • cerrado  
disappointed • desilusionada  
feelings • sentimientos  
happy • feliz  
open • abierto  
proud • orgulloso  
sad • triste

## How Do You Feel?

At different times of the day notice what your child is doing, comment on what you noticed, and ask: How do you feel? For example, you might say: *I noticed you cleaned up your blocks. How do you feel?* or *I noticed you pushed your brother. How do you feel?* Help your child connect the feelings with behaviors. Remind your child to practice S.T.A.R.

## Story Characters

Always remember to read to your child every day. As you read, discuss the emotions expressed by characters in the story. Point out character's faces in the illustrations when they show emotional expressions.

**Coming Next Week: We will learn about our families. Please send a photo of your family to school.**

# Reading to Your Child

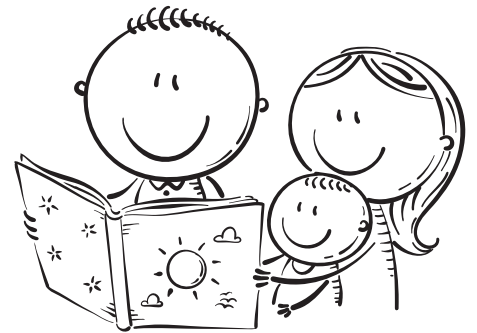
Dear Family,

Shared storybook reading is one of the greatest gifts you can give your child. Reading stories with your child can:

- promote strong parent-child attachment.
- nurture key early language and literacy skills.
- strengthen your child's pride in cultural and personal identity.
- expand your child's knowledge of the world.
- help your child process strong emotions and deal with life's challenges.

## When you read together . . .

- Choose books that interest your child. Include stories with vocabulary that can expand your child's spoken language.
- Include informational books that teach, such as books about animals, nature, space, and other topics that interest your child.
- It is important that children "see themselves" in books. When choosing books to read with your child, include books that feature characters who look like your child and have the same cultural background and family structure.
- Ask your child to name what he or she sees in the pictures in the book. Ask why characters are acting in certain ways. Ask your child to predict what will happen next.
- After the story, ask questions, such as: *What was your favorite part? Which character would you want to be? Would you want to change the ending? How?*
- Point to the words in the book's title as you read it. Ask your child to find a letter in the book title that is the same as a letter in his or her name. Count how many words are in the title.
- Point to a word in the book that has the same first letter as the first letter in your child's name. Ask your child to say the name of the letter. Invite your child to find another word with the same letter.



Read 20 minutes every day! Have fun! And remember,  
children love to hear the same book again, and  
again, and again!