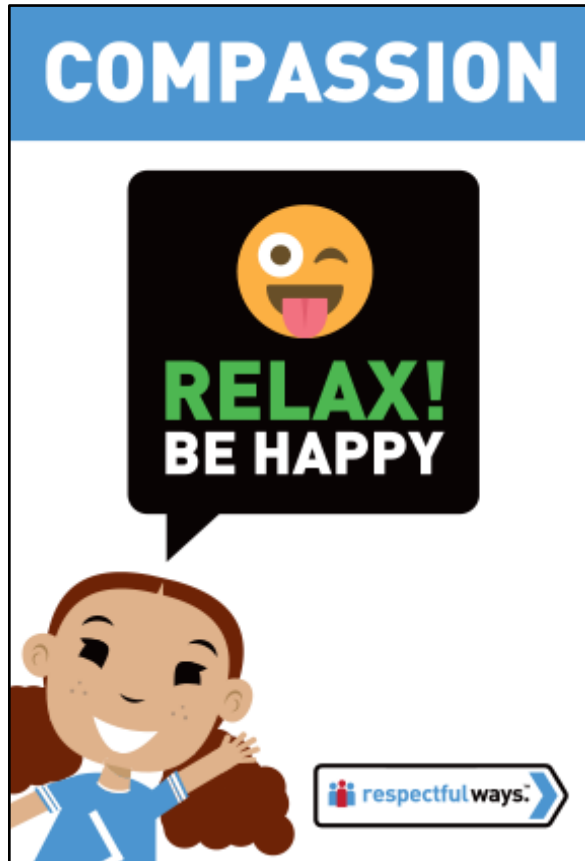


HOME CONNECTS



Social-Emotional Learning Objectives:

- Identifying the cause and behavior of an emotion.
- Discovering, manifesting, and sustaining joy within the heart.
- Learning and embracing joy through various genres of music.

Let's Chat Conversation Questions:

- When do you feel really happy?
- What makes you happy at home?
- Give an example of how learning at school makes you feel happy.

Respectful Ways Q&A:

Q: How can you control your negative emotions?

A: *Recognize my emotions and the causes for them, draw or write about my experiences and emotions, share my emotions and experiences with a teacher or parent, play a game where I'm sorting emotions with various experiences, etc.*

Q: What is the difference between **happiness** and **joy**?

A: **Happiness** is an emotion that's temporary and it's due to our experiences with people, places, and things. **Joy** is an emotion that requires some form of connection. It's long-term and we experience it even when life is challenging.

Home Connects Activity Ideas:

- Tell family members you learned about negative and positive emotions in school. Now, have each family member share an emotion they've experienced and the cause for it.
- It's important to ask people how they're feeling. So, your challenge is to ask each family member, "*How are you feeling?*" every day. Don't forget to ask peers, friends, classmates, and teachers too.
- Ask each family member what brings them joy. Then, write or draw their response on paper. Title it, ***Our Family of Joy!***
- You learned that music brings joy to the hearts of people. Tell family members about the types of music you learned in school. Ask each one what their favorite type of music is, and then stand up, sing, and dance!



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