




## Family Connection

We are discussing the caring character Pillar in class. Please ask your child about the Faces of Emotion we discussed in class today.

		
<b>Why is she screaming?</b>	<b>Why do you think he is so sad?</b>	<b>What made this girl smile?</b>

- Tech Support
  - Adopt a virtual pet and take turns caring for it
  - Take pictures of yourself showing different emotions
    - Ask your child what emotion they think you are feeling based on the picture.
    - What are some ways you could care for someone who feels (insert emotion)?
- Pillar Time
  - Choose an activity to do as family that shows you care for someone or something in your home, family, and/or community this month.
  - While reading a bedtime story ask, "What emotions do you think the character is feeling? How do you know?"
- Dinner Discussion
  - What made you happy today?
  - What made you feel angry today?
  - How would you like your family to treat you when you are feeling scared?
  - What is something you like to do when you are sad?
  - How did someone care for you today?