

Letter to Parents and Caregivers



Date: _____

Dear Parent or Caregiver,

This letter is to inform you that your child is now starting **SEE Learning, Chapter 4, "Navigating Emotions."**

In Chapter 4, your child will explore the topic of emotions, how they arise, and how better to "navigate" them. Your child will learn how to "map" emotions using a variety of tools (such as emotion families, how emotions are experienced in the body, and the relationship between emotions and needs). They will then explore using this knowledge to better identify emotions in themselves and how they unfold. Understanding emotions can be very empowering for children and can lead to a greater ability to regulate emotions and behavior.

Home Practice

As your child goes through this chapter, it will be helpful for you to ask your child about what emotions they notice in themselves and what emotions they notice in others. This will build emotional literacy. It can be very helpful for you to also talk about your own emotions, when they arise, and how you deal constructively with them.

Earlier chapters included:

- Chapter 1 explored the concepts of kindness and compassion and how they relate to happiness and well-being.
- Chapter 2 explored practices for regulating the body and nervous system to enhance resilience to stress and well-being.
- Chapter 3 introduced skills for strengthening attention, both to external things and to one's own mind, body, thoughts and emotions.

Further Reading and Resources

Building Emotional Intelligence: Practices to Cultivate Inner Resilience in Children by Linda Lantieri.
Introduction by Daniel Goleman.

SEE Learning resources are available on the web at: www.compassion.emory.edu.

If you have any questions, please feel free to reach out.

Teacher/Educator Signature

Teacher/Educator Printed Name: _____

Teacher/Educator Contact Info: _____



Center for
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