



**Hi Families,**

**This week in class, we explored emotional literacy by identifying all the different feelings we experience. Being able to recognise and differentiate feelings we have through our facial expressions and body language is important for our wellbeing.**

Working on our emotional literacy gives us opportunities to develop our ability to understand and express different emotions. When we improve our emotional literacy, we can work towards recognising our own feelings and our ability to manage them. This allows us to cope with different life situations, such as managing conflict, making friends, coping in difficult situations and being resilient when dealing with change.

## TRY IT AT HOME FAMILY ACTIVITY: **FEELINGS CHARADES**

### YOU WILL NEED:

- Time together as a family

### WHAT TO DO:

- As a family, sit around the dinner table.
- Take turns to make a 'feelings face'; for example a sad face, angry, excited, etc. You can also use your body language; for example move your hands or jump up and down.
- Other family members need to guess the face.
- After someone has guessed the 'feelings face', have a family discussion about a time you have felt that emotion before and how it made you feel.

### **Family Emotional Literacy habit builder:**

Around the dinner, table ask everyone to share a feeling they felt during that day. Discuss how they dealt with that feeling, then discuss and share strategies you could use when faced with particular feelings.

**We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.**



**Hi Families,**

**This week in class, we explored gratitude by discussing what gratitude is and brainstorming some things we are grateful for. We then made a gratitude paper chain by recording the things we are grateful for on strips of paper and connected them together.**

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression, and we are less likely to get sick. There are so many benefits – let's all try to be grateful for the things and people in our lives every day!

TRY IT AT HOME FAMILY ACTIVITY:  
**GRATITUDE CHAINS**

**YOU WILL NEED:**

- Time together as a family
- Blank strips of paper
- Pencils and textas
- Glue/tape/stapler

**WHAT TO DO:**

- Together as a family talk, about all the things or people you are grateful for in your lives.
- Have each family member share 3-5 ideas, or maybe even more if you have time.
- On strips of blank paper, each family member writes or draws something or someone they are grateful for. As a family, decide how many strips you're each going to write or draw on.
- When you are done writing/drawing, wrap one of these strips around to make a ring-like shape and glue/tape/staple the ends together. Then, thread another strip through that ring of paper and do the same as the previous step.
- Continue to do this with all your strips to make a paper chain full of gratitude.
- You could then find a space in your home to hang your 'gratitude chain'; depending on how much space you have, you could continue to add to this chain weekly/monthly.

**Family Gratitude habit builder:**

When you are sitting around the dinner table, each person shares 3 things from their day that they are grateful for.

**We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.**



Hi Families,

This week in class, we explored empathy by discussing how we can identify how other people are feeling. We talked about different feelings and what those feelings look like (eg: sad = sad face, crying or annoyed = angry face, crossed arms, etc). Then we brainstormed some ways we could help people try to turn their feelings around by making them happy.

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else, our brain releases oxytocin. This leads to us increasing our self-esteem/confidence, energy levels, positivity and overall happiness.

### TRY IT AT HOME FAMILY ACTIVITY: **HAPPY HELPERS**

#### YOU WILL NEED:

- Time together as a family.

#### WHAT TO DO:

- Together as a family, discuss what the following feelings would look like and sound like. Go through one at a time:
  - > Sad
  - > Angry
  - > Annoyed
  - > Frustrated
- Talk about what you could do or say to someone who was feeling this way. How could you help them to feel better? Come up with statements you could use (eg: Are you okay? Can I help you?) or other creative ideas like telling jokes or making them laugh.
- Then, talk about how it would feel to help someone feel better.
- You could even talk about a time that someone has helped a member of the family feel better.

#### Family Empathy habit builder:

When you are sitting around the dinner table, discuss which acts of kindness each family member has done that day or week. Talk about how it made them feel.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.



**Hi Families,**

**This week in class, we explored mindfulness by recognising that breathing can help us to be mindful and feel relaxed. We identified that when we feel worried, we can focus on our breathing to help us feel calm. We have been practising mindful breathing by sitting or lying still and silent. While doing this, we have been focusing on our breaths and what we can hear, smell and see.**

Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment and our thoughts. Practising mindfulness daily can help us stay focused on set tasks and reduce stress and anxiety.

## TRY IT AT HOME FAMILY ACTIVITY: **MINDFUL BREATHING**

### YOU WILL NEED:

- Time together as a family, inside or outside.

### WHAT TO DO:

- As a family, sit or lay somewhere comfortable in the house or in the backyard.
- Get comfortable in your own space.
- Set a timer for 5 minutes.
- For the set time, focus on your breaths, breathing in and out (you might want to place your hands on your tummy to feel the rise and fall).
- As a family, discuss what each person could hear, smell and see.



### Family Mindfulness habit builder:

When going on a family walk, each member takes note of 3 new, interesting things they can see. Have a family discussion about each of the items.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.