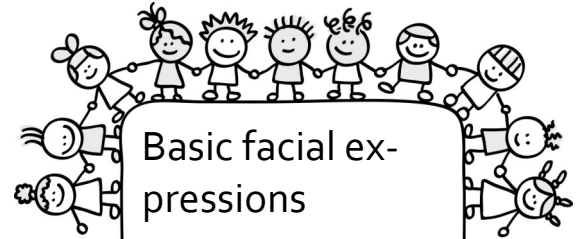


Date:



Basic facial expressions

We are working on four main emotions. Your child will learn to pay attention to a person's eyebrows, their eyes and their mouth to figure out how they are feeling. These 3 parts of the face give 'clues'. We introduced 'clues' before in Cognitive Self-Regulation. Now we'll use them to figure out emotions.

The keys features are:

- Happy—eyebrows raised, eyes open and corners of the mouth turn up
- Sad—eyebrows lowered, eyes slightly closed and corners of the mouth turned down
- Afraid—eyebrows raised, eyes wide open and mouth open
- Angry—eyebrows lowered, eyes slightly closed and corners of the mouth turned down slightly

Dear Parents:

We are now continuing our work on Emotional Self-Regulation. Right now, we're working on reading facial expressions. How does a person's face show different emotions? How can your child show how he feels with his face?

We will work on four basic emotions: happy, sad, afraid and angry. Your child will learn to look at faces to figure out emotions. See the column to the right for a description of the key features of each emotion. Also, copy of a chart with the key features is attached.

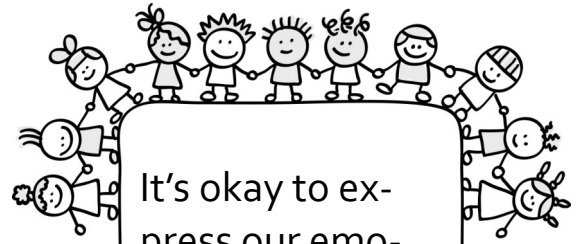
You can practice identifying these four emotions in other people. Start with photos in magazines or albums. Photos are easier to practice with in the beginning because the expression on the people's faces don't disappear like in real life. Point out a photo and ask you child how the person is feeling. Remind him to look for 'clues'. If he answers correctly right away, praise him and review the main clues (eyebrows, eyes and mouth). If he answers incorrectly or isn't sure, help him look, one at a time, at the eyebrows (always start at the top of a person's face so we are systematic), the eyes and then the mouth. Use the chart to help. If he still isn't sure, just tell him what the emotion is and then point out how you know—what the eyebrows, eyes and mouth tell you.

You can also practice making the four different expressions in a mirror with your child and other family members. Make it lots of fun. You might take photos of your child and others using different facial expressions to help remind him.

Using your family's real-life emotions

To help your child identify emotions and things that can make people feel happy, sad, afraid or angry, we need your help. Please think of times and places that have made your child or other family members feel happy/sad/afraid/angry. On the chart (next page), give us information

about what things **at home** have made him or other family members feel happy/sad/afraid/angry. Please give us examples of things that make the family member feel just a little bit of sadness, fear and anger. We don't want your child to be upset by the examples. For example, he may show that he is really happy in the bathtub or that his brother got angry when someone took his toys. How about when you're out **in the community**? What things make your child or other family members happy, sad, afraid and angry? Write down some ideas in each box on the chart. Please send it back to us so we can use these examples.



It's okay to express our emotions

Something we want to make sure your child knows: it's okay to show how you feel. We don't want him to stop showing his emotions.

Be sure to explain to your child that, if he shows other people how he feels, they can help him. That goes mainly for feelings of sadness, fear and anger. But we can cheer him on when he feels happy too!

It's important for him to understand also that, when we see how other people feel, we can help them too. If someone feels sad or afraid, we can hug him. If he feels angry, we can try to figure out what's wrong.

Emotions really help us understand other people and ourselves. Talk about feelings you and your child come across in storybooks and movies.

Things that usually make my child or another family member feel happy, sad, afraid and angry at home and in the community (carefully describe the situations)	
At home	In the community
Happy	Happy
Sad	Sad
Afraid	Afraid
Angry	Angry



Okay, his eyebrows are up, his eyes are open, his mouth goes up ...I got it ... he's happy!