



# Mrs. Muesse



## Weekly Newsletter

September 11 - 15, 2017

**Unit of Study:** Me! My Emotions

**Bible Story:** "The Garden of Eden"

**Bible Verse:** "In the beginning God created the Heavens and the earth." (Genesis 1:1)

**S.P.A. Jingle:** Albatross A says, "A, A, A, A, Albatross. Albatross I fly seas and go across."

**Academics to Practice This Week:** Shape: Circle Color: Orange Number: 5

**Share Day:** Students may bring something that relates to the unit of study.

### **Enrichment Activities:**

- Please help your child learn our Bible Verse during the week, as we will also be working on it in class.
- As you're with your child at home, at the store or taking a walk, have your child point out to you all the things they can see that are orange or in the shape of a circle.
- Our feelings show in our faces and in our actions. Explain to your child that people can often tell how we feel by looking at our faces. Draw four large circles on a piece of paper. Draw in simple features to make faces showing different emotions: happy, sad, angry, and frightened. As each face is drawn, ask your child to describe the feelings expressed on the face, and then ask them to make their own faces look happy, sad, angry, and frightened. Ask your child, what makes you feel happy? What makes you feel sad? What makes you feel angry? What makes you feel frightened? Share with your child a time when you have been sad, angry, or frightened and a time when you have been happy. We can learn to control our feelings. Explain that it is good to show all of the different feelings we have, but we must show them in the right ways, especially when we are angry. Explain that although we may feel like hitting, yelling, or hurting someone when we are angry, we can learn to show our feelings politely and kindly. When we hit or yell, we only feel angrier, but being kind can help us feel better. Also explain that they can tell in words how they feel. The purpose of this activity is to help your child understand and identify feelings and learn ways to express their feelings.

Love in Christ,  
Mrs. Kelly Muesse