Social Emotional Learning

November 12, 2010

Dear Parents,

I hope as you are reading this note you find yourself somewhere in the green or yellow quadrant of the Mood Meter. For the past two weeks the children and I talked and role played about the energy axis of the Mood Meter. The goal is to have our bodies not too high or too low but “just right” in order to learn and carry out tasks. Wall push-ups, chair push-ups, listening to relaxing music and hugging yourself are a couple of ways they experimented with to lower their energy level when needed. Gently moving your head in a yes no direction, bending down to pick something up and dancing to lively music helped children to raise their energy level. Ask your child to demonstrate then you may want to practice too.

Have fun regulating your energy level.

Mrs. Fuller