

Dear Pre-K Family,



We are happy to give you a set of *Fun with Feelings* cards!
These cards are a playful way to help your child learn about feelings.

Understanding and managing feelings are important skills that young children develop over time in pre-K and at home. These skills help children get along with friends and family, keep trying even when a task is difficult, and succeed in school.

As your child's first and most important teacher, you have the power to help your child learn about feelings. You can support your child when they are angry, sad, or scared. You can teach your child in the moments when you're riding the subway, playing together, and even at dinner and bath time. The *Fun with Feelings* Handbook gives ideas for how to get started with the cards.

Build

Use the cards to build towers, bridges, or whatever you and your child imagine.

Play

Use the cards to play games, learn about feelings, and have fun together.

Teach

Use the cards to teach your child how to express and manage feelings.

If you have questions, please talk to your child's teacher or pre-K program leader, or email us at prekthrive@schools.nyc.gov.

Sincerely,

Division of Early Childhood Education
NYC Department of Education