

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.

Children and adults are experiencing a lot of stress and emotion during social distancing and the pandemic. Children pick up on the emotions around them and may have big feelings about changes in their routine, worries about their family and the virus, and major life changes. Young children might express big feelings in lots of different ways – like crying, being clingy, acting hyper, or having tantrums about things that wouldn't usually upset them. You might find it harder than usual to understand how your child is feeling. We hope Fun with Feelings will be a useful tool to find ways to talk about big feelings together.

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 to understand what they are feeling and what to do about it. 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 [DECEThrive@schools.nyc.gov](mailto:DECEThrive@schools.nyc.gov).

Sincerely,

Division of Early Childhood Education

NYC Department of Education