

Parent Connection

The subject that we are studying right now is Feelings and how they affects Nutrition and Health.

Draw and Discuss

Draw pictures that show how people feel - draw a happy girl, a scared boy, an angry woman, a sad man. Show them to your parents. Ask about the pictures. "Why do you think the boy is happy? Why is the woman sad? Do you get angry? How does it feel?"

TV Time

The next time you are watching TV with your parents, tell them the feelings that the actors show. Are they happy, sad, nervous, or stressed? Tell your parents why you think they feel that way.

My Personal “Feelings” Goals

Pick a big goal that’s related to paying attention to your feelings and how they affect your diet. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.

My Family’s Goals:
