

Chapter**2****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is studying mental and emotional health. The topics are designed to help the students feel good about themselves, understand their emotions, and manage stress.

Questions your child will consider include: *How does my view of myself affect my health and my behavior? How much do I really know about my emotions? What are some healthy ways to manage stress?* With your help, your child can proceed with confidence and find satisfying answers.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Talk with your child about how the child feels about himself or herself. Explain how mental and emotional health can affect overall health and well-being.
- Help your child understand the emotional changes that will take place within her or him as the teen years advance.
- Find a place at home where each family member can sit quietly and relax, undisturbed, during times of stress. Encourage family members to respect each other's need to visit that place. Have them talk about why the "quiet place" is helpful.

Please engage in any other activities that you feel will help your child deal with emotions and everyday problems. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher