



HONESTY

PurposeFULL
People

2nd Grade Family Connection

Overview

This month's focus is Honesty. One way to think about Honesty is "being truthful in what you say and do." Practicing Honesty helps strengthen our relationships and reduce stress.

Honesty is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

In The Classroom

It's important to be able to understand and manage our emotions. This month, 2nd graders will use the Emotion Elements to name their emotions, and practice applying strategies to regulate their emotions.

Emotion Elements

- **Bree** represents feeling silly, nervous, playful, or distracted.
- **Brooks** represents feeling sad, lonely, tired, or embarrassed.
- **Ember** represents feeling angry, frustrated, excited, or scared.
- **Terra** represents emotions like calm, focused, proud, or happy.

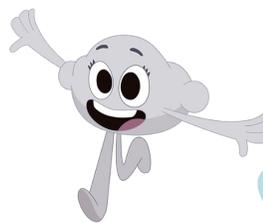
Emotion Regulation Strategies:

- **Breathe It Out** - take a nice deep breath or try out a specific breathing strategy
- **Move It Out** - move away from the situation or get some exercise
- **Talk It Out** - talk to a trusted adult about how you feel

Conversation Starters



- What is 1 way you can show Honesty with yourself?
- Share with me how being Honest with ourselves can help us to be more confident, calm, or focused.



Bree



Brooks



Terra



Ember



HONESTY

PurposeFull Pursuits



PurposeFull
People

Have some fun connecting as a family this month while practicing Honesty. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

Create a simple sign with some emotion words or faces/emojis. Create a space where your family can see emotion words or faces in 1 place near an entrance of a space. Each time someone walks through the entrance this week, have them tap the emotion they are feeling and name their feelings Honestly. Work together to help regulate or manage those emotions to be more confident, calm, or focused.

Pursuit #2

Review Honesty as a family. Honesty is being truthful in what you say and do. Discuss the importance of being Honest and work together to create a family Honesty pledge. Create and decorate a sign together that explains what Honesty means in your family. Have each family member sign the pledge and choose a spot to display it. Refer back to the pledge as a reminder to be Honest and to celebrate when Honesty is practiced!



Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more. Challenge yourselves to check in with each other on a regular basis!



Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

