

# A Bite of Health

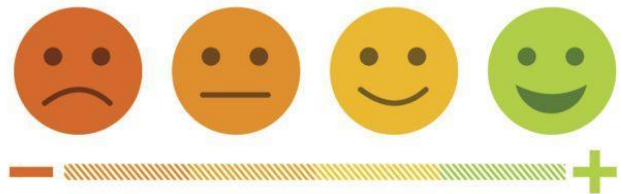
As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## What's the Commotion about Emotions?

This month, students will learn about emotions, how those emotions feel in their bodies, what they might look like in others, and how to address them in healthy ways. The goal is to improve students' mental health by teaching emotional wellness and communication skills. Here is a summary of the learnings and how you can support your child's health.

### Six emotions that the campaign addresses:

- Happiness
- Sadness
- Anger
- Nervousness
- Excitement
- Grumpiness



Students will learn the value of all emotions and the importance of leaning on others for help when it is needed.

## How can you role-model the skills that students are learning this month?

**Communicate Emotions:** How you show your emotions teaches your child how they should show theirs. If you deal with anger in a healthy way, your child is likely to copy that behaviour. Taking time to calm down before reacting might involve deep breathing or removing yourself from the situation to organize your thoughts.

**Empathy:** This is the ability to understand and share others' feelings. It is a skill that can be developed. To model empathy, show understanding when someone is upset, connect feelings to thoughts and behaviours, and build opportunities for children to empathize through discussion. Highlight how showing empathy benefits all involved.<sup>2</sup>

**Active Listening:** Ask your child how they are feeling and listen to their answers. Restate what they say in your own words to confirm your understanding and find the emotions behind their words. Pay close attention to your body language when listening – face them with your whole body when they speak, and turn off technology.<sup>3</sup>

### References

<sup>1</sup> <https://myhealth.alberta.ca/Alberta/Pages/Be-a-role-model.aspx>

<sup>2</sup> <https://theconversation.com/three-strategies-to-promote-empathy-in-children-91967>

<sup>3</sup> <https://myhealth.alberta.ca/Alberta/Pages/Parents-promoting-positive-mental-health.aspx>