



THE FAMILY CONNECTION UNIT 5 – I FEEL (HAPPY & SAD)

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

The feelings – “happy” and “sad”

Things you can do at home:

- Let your child know you care about their feelings, happy or sad.
- Tell your child what made you feel happy or sad today.
- Say It’s okay to cry and be sad, allow your child to say how they feel.
- If you are sad, it is okay for your child to see you cry.
- Share in your child’s happiness.

