

Montville Public Schools
Dr. Charles E. Murphy Elementary School

Dear Parents/Guardians,

With school being closed, included are some simple activities your child can complete at home to help maintain their social/emotional functioning. For the next two weeks, please have your child to pick one day a week to log their “Zone” throughout the day. Students are aware of what color corresponds with what feeling. If your child is **NOT** in the green or yellow zone (calm or happy), encourage them to utilize one or more of the coping skills on the next page to assist with regulating their emotions. Thank you!

I look forward to seeing you when we return to school!

Sincerely,

Lindsey Williams
School Psychologist
lwilliams@montvilleschools.org