

Parents, Students, Teachers/ Staff,

Our Character theme for the month of November is “Feelings and Emotions!” To promote this theme, we will be having ***Inside Out Day*** on WEDNESDAY, NOVEMBER 21st! ***Inside Out Day*** is inspired by the Disney-Pixar film Inside Out. In this film, we explore the core emotions of the main character, Riley, and the role they play in her everyday life. For our dress down day, students and staff will be encouraged to wear the color of the emotion from the movie they identify with or like the best! Our goal is to teach students that it is okay to have various emotions and feelings; what is most important is finding positive, productive, and appropriate ways to express them.

Anger is **RED**.

Sadness is **BLUE**.

Fear is **PURPLE**.

Disgust is **GREEN**.

And Joy is **YELLOW**.

Jeans are permitted!



Thank you so much for your support and participation! If you have any questions, please feel free to reach out to me at any time.

Sincerely,

Amanda Pelkey

School Counselor