

Name: \_\_\_\_\_

The following is a list of basic emotions that research has shown are common to people of all ages and from all cultures.

See how many words you can think of that express the variations of each of these feelings. Try adding more examples as you come across them in your reading and viewing.

<b>Fear</b>	
<b>Disgust</b>	
<b>Anger</b>	
<b>Surprise</b>	
<b>Happiness</b>	
<b>Sadness</b>	
<b>Amusement</b>	
<b>Excitement</b>	
<b>Contempt</b>	

Dear Parents/Caregivers,

As part of our Language and Health curriculums, we have been working through a series titled *Well Aware*, which aims at developing critical skills to help our children understand, identify, and manage situations related to positive mental health.

*The Blue Raven*, one of the texts we have been exploring, is written by internationally renowned storyteller and bestselling author Richard Van Camp, who is a member of the Dogrib (Tlicho) Nation from Fort Smith, NWT. In this text that focuses on grief and loss, the main character (Benji) has several reasons to be grieving. His father has left the family home and now he finds that his bike, lovingly handed down to him from his father, has been stolen.

Written in the style of a graphic novel, this text opens the door for communicating about the following:

- Dealing with loss and grief
- Understanding the importance of friendship, family, and community
- Drawing support from culture and traditions

Through a variety of activities, students have the opportunity to strengthen their literacy skills as well as explore ways to cope with and thrive through challenging times. You may wish to ask your child to share with you what they have learned from this engaging and thought-provoking text.

Thank you for your interest and contribution as part of the team helping today's young people navigate important years in their development.

Sincerely,