



Home Connection

Emotional Granularity

Dear _____,

I'm excited to share that your student has been learning about emotional granularity in class. This concept involves precisely naming and distinguishing specific emotions from similar ones. By developing emotional granularity, students build greater self-awareness and a deeper understanding of their experiences. This helps them predict how certain situations might make them feel and allows them to express and manage their emotions more effectively. It also enhances their ability to understand others' emotions, which is crucial for building and maintaining relationships.

Please discuss this question with your student: Can you name some specific emotions you felt today and explain why you felt them? This will help reinforce their learning and encourage them to practice identifying and articulating their emotions.

Please do not hesitate to reach out with any questions or concerns.

Best,
