Emotional ABCs is a great resource to have your students practice feeling/emotion identification as well as understanding what their feelings “feel like,” and most importantly ways to cope with their “big” emotions. Below you will find information on how to access the generic Canton Students account that we have set up if you would like for this to be an option for your student to practice with!

1. Go to <https://www.emotionalabcs.com/>
2. Click on the top right corner🡪 log in
3. Email address: taylor.fraga@cantonusd.org
4. Password: emotions1
5. Click “log in now”
6. Tap on the monster avatar named “Canton Students”
7. Click on the “basketball” as a passcode
8. Explore the website with your child!
	1. There are 10 units with many lessons under each unit!
	2. It makes a bit more sense for the child, if you go in order but if you find that your student is more advanced in some areas, feel free to skip ahead.
	3. If your student is struggling with the first few lessons, let them practice more before advancing on!
9. If you have questions or trouble logging in, please email me at ANY time and I would be happy to help ☺
	1. Taylor.fraga@cusd66.org
	2. Taylor.fraga@cantonusd.org

Thank you for helping your child develop social/emotional skills during this time.