



High School

Home Connection

Emotional Granularity

Dear _____,

Today in class, we talked about **emotional granularity** which is our ability to precisely name our emotions and distinguish specific emotions from similar ones. When we develop emotional granularity, we build greater awareness of ourselves and our emotions.

Please encourage your student to use more specific emotional vocabulary at home and list some new words they've used.

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

Best,
