

JOURNAL WRITING ABOUT MY THOUGHTS

Dear Parents,

As you know, we have been talking about birth and conception in our *Our Whole Lives* sessions. Please talk to your child about what he/she has been learning. Your child may have questions that he/she is not comfortable asking in class. Help your child write his/her thoughts in the journal about what he/she has learned. Don't push your child for specifics. Just let your child express whatever is of interest about the topic. If your child does not want to write or draw, just let it go at this time. The topic of birth and conception will surely come up again.

You may want to read one of the following books with your child: *Where Did I Come From?* by Peter Mayle or *Did the Sun Shine Before You Were Born?* by Sol and Judith Gordon.

*Reminder:* You are invited to come to the final session to celebrate all the children's birthdays and the final session of the *Our Whole Lives* program.

