



April 21, 2020

Dear Teachers and Families,

This week our focus is on sharing, kindness and friendship. In other words, we will explore new ways to help our kids be more respectful. Think about people you enjoy being around. Most likely they are fun, friendly, polite and caring. While they might not be perfect, they are pleasant to be around. We have also been with people who challenge even the most patient among us. What makes the difference? Respect! It is human nature to want to be around those who treat us well. How can we encourage our kids to be more respectful and caring? We teach them every day with our words and actions!

**“Be the change you want to see in the world” ~ Mahatma Gandhi ~**

Now for the reality check; these past few weeks have been hard. Nothing about our lives feels the same, yet we still need the routine activities of daily life along with homeschooling and perhaps working remotely. Increased stress and worry may leave us feeling impatient and upset. But remember, we handle stress and anger better when we **STOP, STEP BACK, BREATHE and THINK!** It also helps if we can take some time to recharge our own batteries. Take a walk, read a book, call a friend. We all need more kindness these days. Take a little time each day to treat yourself with care and compassion. If you do, you will be better able to care for others.

One last thought: Make time to play! Color, paint, play some board games with your kids! Playing games as a family provides us with the perfect opportunity to laugh, share and take turns. The link below will provide you with some fun activities that use everyday materials you probably have around your home. Young children learn best through play. Let's follow their lead and enjoy the day through play.

The BEST Team

<https://www.actionforhealthykids.org/activity/common-objects-fun-and-games-with-household-items/>

Sesame Street: A Moment to Yourself - Parent PSA

[https://www.youtube.com/watch?v=aEmaWlxjhj8&feature=emb\\_title](https://www.youtube.com/watch?v=aEmaWlxjhj8&feature=emb_title)