



April 14, 2020

Dear Teachers and Families,

Last week we focused on feelings. It is important to remember that all feelings are okay. It's what we do as a result of our feelings that matters. So, how are you doing? Anyone else feeling out of sorts? How about your kids? Anyone feeling grumpy? As the Covid-19 conditions continue, it is natural for us to feel overwhelmed.. This week we will focus on coping with angry feelings in a positive, healthy manner. Through the BEST Program, your children learned to handle angry feelings in the following way:

**STOP:** We stop our bodies before we say or do hurtful things.

**STEP BACK:** We step back to give everyone a little space to calm down.

**BREATHE:** We breathe slowly in through our nose and out through our mouth to calm our bodies and get us back in control of words and actions.

**THINK:** When we are calm, we can tell the other person why we are angry and what we need.

We have all said and done things in anger that we later regret. Yelling, name calling and hitting might be your child's initial reaction to anger. When we remind them to **Stop, Step Back, Breathe and Think**, we are giving them the tools to handle anger in a more positive way. Our kids will be following our example. Let's make sure we lead them in the right direction!

Please remember to take some time for yourself. We can't pour from an empty cup. "Insight Timer" is a meditation app that is available for iOS and Android, it includes guided meditations based on your needs. Another free meditation link:

<https://www.fragrantheart.com/cms/free-audio-meditations>

<https://www.eriemha.org/Community-Resource-Guide.pdf>

**BE SAFE, BE WELL**

**-The BEST Team**