

mental health advocates of wny be heard. Be heard. Be heard.

March 31, 2020

Hi First Grade Friends!

Your pal Carmen here! I have been missing you so much! I've been staying home from school too. I've been trying my best to be a peacemaker. I guess even peacemakers make mistakes.

Last night my Mom made something we'd never had for dinner before. I told her "no way was I trying that". It looked so gross! I wanted pizza instead. My Mom reminded me that it is important to use kind words and be respectful. How do you think my Mom felt when I said the dinner she made looked gross? Yes, sad (or even mad). I remembered that we talked about respect when I visited your school. We talked about how we can be respectful to our teachers and classmates. How can we respect ourselves and our families while we are at home?

Here is an activity you can try with your family. Get a piece of paper and write **Respectful** at the top. Think of different ways you can show respect at home and draw a picture. (Hint: it's a lot like how we show respect at school).

Okay, I've got to wash my hands before dinner! We've been singing the Happy Birthday song twice to make sure we get rid of all of the germs.

Can't wait to visit with you guys next week!



-Carmen

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