



April 7th, 2020

Hi 1st Grade Friends!

Did you get my last letter? I love that we can still connect with each other even though I can't visit your classroom right now. I am working hard to be a peacemaker at home. What did you do this week that makes you a peacemaker?

How have you been feeling this week? I have been having a bunch of different feelings. It's fun to stay home and play with my family during the day, but being at home most of the time can get pretty boring. I feel mad that I can't go to the playground or see any of my friends from school. Yesterday, I got so angry because my Mom wouldn't take me to the park or for ice cream. I yelled at my Mom and threw my toys. I forgot that peacemakers remember to **Stop, Step Back, Breathe and Think**. All of our feelings are okay! Even our angry feelings! What is important is how we act when we have those feelings! I took a deep breath to calm down and I said sorry to my Mom.

I've attached a fun activity I played with my family that is all about feelings. I hope that you can try it too!

Can't wait to talk to you again soon,

Carmen

