



April 14th, 2020

Hi 1st Grade Friends,

How are you feeling this week? My last letter to you was all about feelings and the many different types of feelings that we **all** have. We talked about how all of our feelings are okay. What is important is **how** we deal with them.

Last week, I told you about how I threw my toys because my Mom wouldn't take me to get ice cream or to the park. Was I being a peacemaker when I did that? No, you're right, I was not. I forgot one of the most important parts of being a peacemaker! **Stop, Step Back, Breathe and Think.** We do that so that we don't say or do anything that might hurt someone. When I **Stop** and **Think** I can calm myself down and think about what to do next.

After I threw my toys, my Mom told me I needed to find a safe way to deal with my angry feelings. She helped me find a video. I hope you will do it with me. Have you tried yoga before? Yoga is a great way to calm our bodies and our minds. There are lots of different things that we can do when we are feeling upset: drawing, stretching, listening to music, going for a walk, taking a drink of water. Doing yoga is my favorite. What helps you when you are feeling angry?

Let's watch the video and do yoga together!

Yoga For Kids With Animals - Smile and Learn  
<https://www.youtube.com/watch?v=5XCQfYsFa3Q>

Talk to you next week, friends!

-Carmen

