



April 28, 2020

Dear Teachers and Families,

In spite of our best efforts we can all get stressed out. After weeks of constant togetherness, we (and even our kids!) may be wishing for the bright yellow school bus to magically appear and give us all a little space! Since that isn't likely to happen today or tomorrow, what can we do when problems arise?

When we listen and give others the chance to express their true feelings, we are showing kindness and respect. This can reduce the number of conflicts we have and make everyone's day feel a little better. This week your kids will be focusing on the following grade specific themes: Pre-Kindergarten--Kindness, Kindergarten--Listening, Grade One and Grade Two--Problem Solving.

In the article, "How to Solve Your Family Problems" author Jin S. Kim, MA states:

***"Life is too short to waste time bogged down with negativity towards the people you love. How you approach the family member and what you say can make a big difference."***

He gives many great tips for how to deal with disagreements positively. Here is a brief summary of the main points of his article:

1. Wait until you're not angry to discuss a problem.
2. Deal with family problems in person.
3. Accept that everyone has faults.
4. Avoid the "blame game". There are no winners!
5. Forgiveness helps us let go of the past so we can build a healthier future.

For more information and ideas on helping your family deal with day to day hassles, check out the rest of his article, <https://wikihow.com/Solve-Your-Family-Problems>.

~The BEST Team