



April 21, 2020

Dear Second Grade Friends,

How are you doing? I've been playing outside a lot ...mom says I need the fresh air. I like running around, but it is boring just playing with my siblings. I miss my friends, my teacher and school. Sometimes I get grumpy and take it out on my siblings and even my mom. Yesterday I was extra grumpy! Mom told me to go to my room and think about it. I stomped into my room and laid down on my bed. I felt angry; what did I do? That's right! I remembered to **Stop, Step Back, Breathe and Think**. Will you take a deep breath with me? (in through the nose, out through the mouth) I felt calmer so I talked to my mom about missing my friends and school. She listened and said she was missing her friends too and sometimes she felt sad and grumpy! I never thought about mom feeling sad! She suggested I call my friend. What a great idea!

My friend and I talked and talked. She misses school and friends, also. We decided to call each other every day. We like to do a lot of the same things. What do you like to do? I said when we can play together again, the first thing I want to do is play soccer. She said she didn't want to play soccer; she wanted to play on the playground. I said that was dumb! She said soccer was dumb! We argued and both hung up. Now I was really sad and grumpy! Back to my room again! I remembered a story about two girls fighting because they liked different sandwiches. Do you remember that story? We learned it's okay to be friends and have differences!!

I called my friend back and apologized. She also remembered the story and that it's okay to like different things! We figured out a way we could take turns: first play on the playground and then kick around the soccer ball. I'm happy. She's happy. What a day!

Here's a YouTube video for you: Kid President's 20 Things We Should Say More Often
<https://www.youtube.com/watch?v=m5yCOSHeYn4>

Your friend and peacemaker,
-Wagner

