May 5, 2020

Hello Second Grade Friends!

I have two feelings while writing this last note to you. I feel sad because I will miss you. However, I feel happy because I've enjoyed our visits. I hope you enjoyed them, too. Also, these notes have helped me remember ways to be a peacemaker.

Summer is just around the corner. Hopefully we will all be able to spend some time outside and play. What are some ways we can be a peacemaker during the summer? How can we be peacemakers with our family, siblings, and friends? Yes! We can be kind and respectful, share and take turns. We can help out at home by doing our chores, picking up our toys, or helping a little brother or sister. Sometimes we may feel angry. How can we manage those angry feelings? Right! **Stop, Step Back, Breathe and Think.** We can always ask for help if we're not sure what to do.

During these months of spending so much time at home and away from school and friends, it is normal to have many different feelings. We may feel grumpy or anxious. We may lose our temper. No one is perfect, we all make mistakes. But soon enough we'll all be back at school, learning and playing with friends. Be kind to yourself and be kind to others.

I hope you have a great summer! Remember, every time you are respectful, kind and helpful you are making your world a better place to live!

Here's some YouTube videos for you.  
Move and Freeze  https://www.youtube.com/watch?v=388Q44ReOWE
Brain Break/Get Up to Get Down  https://www.youtube.com/watch?v=Oo1sAIA6t60
Be Kind  https://www.youtube.com/watch?v=kAo4-2UzgPo

Your friend, Wagner