



Dear Parents and Guardians,

We hope you have been hearing from your students about Soul Shoppe and the social emotional learning we are doing together.

Our next workshop is called Magic in The Message and is focused on the I-Message. Magic in the Message supports student development around the following **social emotional learning competencies: self awareness** (ability to recognize and understand their own feelings and personal identity), **self management** (ability to regulate and monitor behaviors, feelings and impulses in order to get needs met and make responsible decisions) and **relationship skills** (ability to share feelings, understand other's experiences).

Focused on how we communicate, the heart of the workshop focuses on our own power to speak our truth. Children will learn how blaming or mean messages can make relationships more challenging- and they will learn to use "magic messages" to make our relationships stronger. The story will focus on difficult feelings, and the idea that when we share how we feel and ask for help with what we need it will make our relationships stronger. Students will have an opportunity to learn the I-Message and make it their own, and we encourage you to ask your child(ren) to teach *you* the i-message! It can be really powerful for children to teach this to their parents or other adults in their lives, and you might think together about how you can embed the I-Message into your family's own practices.

Magic In The Message Tool: The I-Message

- **i-Message:** This is the tool students and adults can use to communicate their feelings and needs. Students will rely on sentence frames in order to practice, and have opportunities to see when children in our stories need to use i-messages, what happens when they don't, and how to communicate in ways that nurture relationships.

Please Discuss With Your Children!

After the workshop, you can begin a conversation with your child(ren) about situations where i-messages could be useful. Ask them about their own magical messages, and as you identify situations, consider what might have happened if the child or adult could have given an i-message instead. The i-message is all about noticing and communicating about our feelings. Students and teachers are invited to create i-message walls in their classrooms, and you are invited to make one at home, too! Ask your child how to do it, and what it was like, and let them take the lead. Please let us know how it goes, and we hope your child(ren) enjoy(s) the workshop!

Warmly,

Chelsey & Ravi
chelsey@soulshoppe.com
ravi@soulshoppe.com