

Dear Families/Caregivers,

We all have stress – even children. Simply put, stress is a reaction to challenges. Small amounts of stress can be helpful. Too much stress can disrupt brain development and cause many physical and mental health problems.

We learned that certain activities can help us feel happy, but that those activities are different for everyone. Some activities that can boost happiness include:

- Taking time to laugh.
- Exploring new places.
- Spending time with those you love.
- Playing with your pet.
- Do some arts and crafts.
- Go outside to play.
- Turn on some music and dance.
- Read a favorite book.

Encourage your child to notice what makes him or her happy. Create an ongoing list of activities, people, and media that make your child feel happy and keep the list in an accessible place. Consider making a list of activities that makes the whole family feel happy and complete those activities as a way to spend quality time together. Intentionally choosing activities that make your child feel happy will help boost his or her mood and help him or her bounce back when he or she is feeling sad.

Sincerely,

Your Child's Teacher