

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 to identify times when we feel badly, and strategies for boosting our feelings when we experience negative feelings. Some strategies to boost feelings include:

- Breathing deeply.
- Thinking happy thoughts.
- Dancing or listening to music.
- Coloring or drawing a picture.
- Going Outside.

Encourage your child to notice activities that boost his or her feelings. Create an ongoing list of activities, people, and media that boost your child's feelings and keep the list in an accessible place. When your child is feeling badly, use the list to help your child bounce back from those feelings. Model verbalizing your feelings with your child and using strategies to boost your own feelings. Consider brainstorming feelings 'boosters' with your child when you both feel negatively or an unexpected situation occurs.

Sincerely,

Your Child's Teacher

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