

Dear Families/Caregivers,

Self-control is the ability to regulate one's feelings, thoughts, and behaviors. Studies show self-control is key to living a healthy, productive, and successful life.

We learned that we all get frustrated or angry sometimes. But instead of reacting without thinking, we have learned strategies to help us pause before acting:

- **Take five deep breaths.**
- **Count to five with fingers.**
- **Slowly count to five in your head.**
- **Close your eyes and picture the hands of a clock moving five ticks.**
- **Put your head down and count to five.**

Here are ways to encourage your child to practice waiting:

- When your child expresses frustration or anger, remind your child to *Take 5!* Offer your child a choice of the strategies to take five before reacting. Consider writing down the strategies somewhere you can easily reference them.
- After you and your child have used one of the strategies to pause before acting, talk with your child about what choices he or she can make once he or she is calm. Encourage your child to feel empowered to make wise choices.

When your child is feeling mad or frustrated, encourage him or her to Take 5! And use these calming techniques. And remember to model the Take 5 strategies yourself when you are feeling mad or frustrated.