

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 have been learning about some strategies to boost our feelings when we're feeling stress. Some of these strategies include:

Breathe Deep.

Think Happy Thoughts.

Dance or Listen to Music.

Color or Draw a Picture.

Go Outside.

When your child is feeling stressed, encourage him or her to try some of these strategies. Also, consider reading a book such as *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst to your child. Books often show the characters going through difficult times and help children not only see strategies for overcoming the difficult times, but also that difficulties are a part of life. When a child is going through a difficult time, he or she often feels like the only one who has problems.

Sincerely,

Your Child's Teacher