FAMILY LETTER 3

Dear Family,

Have you ever made a decision when you were angry or frustrated that you later regretted?
When emotions are strong, it is hard for anyone, especially young adolescents, to think straight.

Strong feelings of anger can lead to aggression and violence. Students can also struggle to make good choices when they experience strong feelings of sadness, jealousy, anxiety, or even happiness.

This week we started our Stepping Up lessons about managing emotions. Your child is learning the Steps for Staying in Control of strong emotions. Students are learning that emotions come from one part of their brain, but that they also have a thinking part of their brain that helps them stay in control.

The Steps for Staying in Control are:

Notice. Recognize your physical and mental signs.
Pause. Use your signal.
Think twice. Use your brain.
Calm down if necessary. Use your calming-down strategies.
Reflect. How did you do?

Ask your child about the steps. Help your child remember to pause and think twice before doing something he might regret.

The strategies for calming down are useful for anyone, adult or teen. They are:

Doing something physically active
Doing something relaxing
Thinking about something else (like counting to ten)
Using centered breathing
Using positive self-talk

Ask your child to show you how these work!

Staying in control helps students get along with others and focus on their schoolwork. Both of these things help them be more successful in school. Thank you for your support in creating a successful learning environment for your child.

Sincerely,
Ms. Aneesha Babani