



May 5th, 2020

Hi 1st Grade Friends,

Wow, can you believe it's been 6 weeks since I started sending you letters! I really miss you all. I am so glad I could write to you and tell you all about what I've been up to at home.

While we were at school together, we learned all about how to be peacemakers with our friends and teachers. We have worked really hard together to make sure that we can be peacemakers at home too. We talked a lot about the different types of feelings that we have and that all of our feelings are okay, even our angry and frustrated feelings. What's important is how we act when we're feeling that way. Sometimes we make mistakes, and that's okay!

Being a peacemaker means that we take the time to **Stop and Think** about the choices we make. There are lots of different things we can do to calm down but a big deep breath always helps us in the moment. That's the secret to peacemakers being the best problem solvers, a deep breath! It helps to clear our minds and make our bodies feel calm. It helps us solve our problems, and it helps us be kind to our friends and families!

I am so proud of us for all the work we have done together. After all that hard work, we deserve to dance a little. I hope you love it! [Freeze Dance - Music for Kids - The Kiboomers](https://www.youtube.com/watch?v=2UcZWXvgMZE)

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See you soon!

- Carmen

