



mental health advocates  of WNY
BE HEARD. BE HELPED.

March 31, 2020

Hi Kindergarten Friends!

Tuggles here! I have been at home because my school is closed, too. I miss all of my teachers and friends, including my best friend Suzy.

Last night I was sad because I didn't get to have ice cream after dinner. Then my brother and I got into a fight because I did not want to share my blue crayon. I decided to call Suzy and tell her all about it. When we were on the phone she reminded me that peacemakers always share! She told me she felt proud when she shared her toys. She was being a peacemaker! How are you a peacemaker? What will you share today?

Mom read a really cool story yesterday. It was all about how to be kind! You can listen to the story here! "What Does It Mean to Be Kind?"

<https://www.youtube.com/watch?v=MRRdYoJhn2g>

Can you think of ways to be kind?

Suzy and I miss all of you, and we hope you are having fun learning at home! Remember to wash your hands!

Can't wait to talk to you again!
-Tuggles

