



April 14, 2020

Hi Kindergarten Friends!

Tuggles here! I hope you guys had a really fun week at home! Have you come up with any new games? I love playing games especially with my brother! Yesterday we were playing Connect 4 which is my favorite game! He was taking too long for his turn, and I started to feel angry. Remember last week we talked about feeling angry? I started to feel my heart beat fast and my hands turn to fists! I knew what I had to do!

I had to **Stop, Step Back, Breathe, and THINK!**

After I took a big deep breath, I remembered peacemakers always take turns. I calmed down and I was able to wait for my turn each time! AND GUESS WHAT! I even won the game!

When do you take turns at home? Who do you take turns with at home?

Can't wait to talk to you again!  
Tuggles

