



April 7, 2020

Dear Teachers and Families,

How is your week going? Being out of our normal routine is challenging for everyone. Even our little ones are feeling the stress. You may be noticing changes in their behavior, especially when it involves listening and following directions! We know there is a link between feelings and behavior. Our notes for children this week focus on feelings. All kids need to learn and remember the following:

- Everyone has feelings.
- Feelings change. We won't always feel the same.
- It is okay to feel differently about a problem/situation than others.
- If you want someone to know how you feel, tell them!
- We show we care when we notice how others are feeling.

Feelings (even anger) are a part of being human. They are neither good or bad. It's what we do as a result of our feelings that matters. It is okay to feel angry. It is not okay to hurt someone because of your anger.

Attached please find some advice that will help us all communicate in positive, nurturing ways. We've all heard the saying, "It's not what you say but how you say it that matters". The article [Tell Me What to Do Instead](#) will help us all give directions in a more effective and positive way.



TellMeWhatToDoIn
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<https://www.eriemha.org/Community-Resource-Guide.pdf>

Be Safe. Be well,

The BEST Team