April 22, 2020

Hi Kalfas Friends!

I miss you so much. How is your week going? Have you been following the 5 B’s we practice at Kalfas? What have you done this week? I have been practicing being safe. Wearing a mask is something new, it is not comfortable for me. I know it will just take some time to get used to. I am practicing my patience. It is strange seeing everyone with mask on. However, I remind myself it’s so that people aren’t spreading their germs, it’s to keep everyone safe!

Remember it is important to **Stop, Step Back,** **Breathe, and Think** if you have a problem! Have you had any troubles at home? What happened? How were you feeling at the time? Who was affected by the behavior? What needs to be done to make it right? What can we do better next time? It is important we reflect on situations. What worked and what didn’t work. This will help you grow as a person. Can’t wait to talk to you again!

Hope everyone is staying safe,

Miss. Brick

