May 19, 2020

Hi Kalfas Friends!

How has your week been going? My family and I have been working on being responsible and respectful but we have made some mistakes! Remember how we have talked about **I Feel** Statements? Can you read the I Feel Statement with me?

**I feel** \_\_\_\_\_\_\_\_\_ **when you** \_\_\_\_\_\_\_\_. **I want** \_\_\_\_\_\_\_\_\_.

It is important to use I Feel Statements so you can express to others how you are feeling. I Feel Statements allow us to tell others how their actions affected us. They work because they don’t use blaming language. However, sometimes we still need a break and time to cool off before using I Feel Statements. Do you remember ever going to the calm down area in your classroom or the Counseling Center? Those were safe places where you could process your feelings and calm down.

Here is a virtual calm down room you can explore while you are at home and you need to calm down. <https://calmingroom.scusd.edu/>

Miss you. Stay positive,

Miss. Brick

