April 8th, 2020

Hi Kalfas Friends!

I love that we can still connect with each other even though I can’t visit your classroom right now. I am working hard at home to still practice the five B’s we use at Kalfas.

**Be Respectful, Be Responsible, Be Safe, Be Bully-Free and Be Here.**

What did you do this week that follows the 5 B’s? I have been helping out around the house, being kind to my family and friends and I’m still completing my work even though I am home.

How have you been feeling this week? I have been having a bunch of different feelings. It’s fun to stay home and play with my family during the day, but being at home most of the time can get pretty boring. I feel mad that I can’t go see my grandma.

**Stop, Step** **Back, Breathe and Think**.

All of our feelings are okay! Even our angry feelings! What is important is how we act when we have those feelings! I took a deep breath and decided to call my grandma instead. This helped me to calm down. Don’t forget you can follow these steps too.

Can’t wait to talk to you again soon,

Miss. Brick

