

# MARCH NEWSLETTER

Character Counts: This month's character counts is RESPONSIBILITY

## Just Breathe...

### **Birthdya Candle Breathing:**

Pretend you are blowing out 1 candle on a birthday cake. Take a big breath in, hold it, then blow it out slowly. Can you put the candle out?

**Elevator Breathing:** Your breath is an elevator going up, up, up, on the way in, pausing at the top and then slowly going down, down, down on the way out

**Balloon Breathing:** lying on your back picture a balloon tied to your belly button. As you breathe in, picture the balloon slowly rising. As you breathe out, it floats back down again. The mindfulness techniques listed above are great to use to calm the body and mind. Try them at home!

## Conflict Resolution

### **Practice Brainstorming Solutions**

While it might seem easier to help your child solve a problem by telling them what to do to fix it, children become better problem solvers when they learn how to find solutions on their own.



Get a blank sheet of paper and markers in a variety of colors. Ask your child to describe what happened from start to finish from their point of view. When they are finished, ask him or her to pick a color and brainstorm three possible solutions to the problem that might work. Next, ask him or her to step into their friend's shoes and try to retell the story from their perspective. This can be difficult and might take a few tries. Ask them to choose a color to represent their friend and brainstorm three possible solutions that might work for the friend. Finally, ask your child to look for the common ground. Is there a solution that might work for both? If not, brainstorm three more solutions that meet in the middle.

By looking at the struggle from different perspectives, kids learn to empathize with their peers and look for solutions that help everyone involved.

Children will experience ups and downs with their friends and others as they grow and change. By preparing children with strategies to cope with these situations, they are better able to work through the obstacles. If you would like any additional resources please feel free to reach out!



