



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Dear Parent/Guardian:

Today in your child's classroom, I read the book *Cool Down and work Through Anger* by Cheri J. Meiners, M.Ed. This story helps children understand that anger is one of many emotions that everyone experiences. Students learned ways to *cool down and work through their anger*.

Help your child identify how they are feeling with words:

- "You are frowning, is that puzzle frustrating? Can I help?"
- "You are using a loud, angry voice. Are you feeling mad? Tell me about it."

Ask your child to tell you ways they can calm down:

- Take slow, deep breaths.
- Count to 10 slowly.
- Do something physical (run, dance, jump rope).
- Take a break and go to a quiet place.

Finding safe and constructive ways to deal with powerful emotions is an essential life skill. Thank you for helping your child practice these skills at home.

Sincerely,

ABC Volunteer

Telephone/Email