



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parent/Guardian:

Today in your child's classroom, I read the book *Giraffes Can't Dance* by Giles Andreae. Gerald is a giraffe who can't dance as his long, spindly, legs buckle whenever he tries. That changes when he meets a cricket who helps him find his own special music inside himself. This story encourages children to keep trying even if they aren't marching in tune with everyone else.

Help your child keep an *I can* approach to each day by:

- Reminding them to *tap into their personal* by using *positive self-talk*.
- Encourage them to *fill their bucket and the buckets of others* with kind words and actions.

Encourage your child to use *positive self-talk* such as:

- I can do this.
- I am strong.
- I know the right thing to do.
- I will keep trying.

Everyone needs to develop their own *positive self-talk*. Using these empowering words and phrases can protect us from hurtful words or actions and help to *fill our buckets*.

Sincerely,

ABC Volunteer

Telephone/Email