

Character News



What we have learned this month:

- ✓ Kinder, 1st and 2nd graders
 - Reviewed Good Choices and Bad Choices to be a Good Friend.
 - How to be a pal in class, at lunch, and at recess.
- ✓ 3rd, 4th and 5th graders
 - Tapping Technique for Stress Relief
 - ~Also known as Emotional Freedom Technique.
 - ~It is similar to acupuncture, and it works by gently tapping on different points of your body (I shared with students tapping on temples and wrists only), which are **energy points that may relief stress by doing the technique.**
 - ~Combined with mindful/deep breathing, **students have shared that it was worked for them during testing to relief stress and anxiety.**
 - Coloring mandalas to help students **focus** and relax.



App for Emotion Regulation

- Free app
- Apple and Android
- Pre-K to 8th graders

How it works:

Kids name their emotion and its intensity before practicing mindful/deep breathing to calm down; something that we have learning in Counseling.

March's value: Preparation

"Give me six hours to chop down a tree and I will spend the first hour sharpening the axe." – Abraham Lincoln

Show this value by:

Be prepared for your tests!! Study, go to bed early, eat breakfast, and be responsible. Fight the stress by taking a deep breath. Believe in yourself! You got this!!!

**Santa Cruz County
Healthy Student Grant Project**