Dear Krista,

Billy did a great job today handling frustration and not getting angry when we ran out of his favorite cracker at snack. Instead of getting upset, Billy took three deep breaths and decided he would try one of the other cookies. That was a great solution and he really liked the new cookie too!

You can help Billy at home by:
✔ Asking him what he did at school today when we ran out of his favorite cookie.
✔ Ask him how he calmed down.
✔ Comment on what a great job he did.

Tell him that you hope that he will do that again when he gets frustrated about something.

Thank you so much!

~Sam and Renata
I Solved a Problem Today!

Today, Juan Manuel got a timer and waited his turn!

I Can Be a Problem Solver!

I Solved a Problem Today!

At story time, Brittany got another chair for her friend!

I Can Be a Problem Solver!
1. We use nice words.
2. We take care of our toys.
3. We listen to directions.
4. We help each other.
5. We use gentle touches.
HEART CHALLENGE
Please color in a heart each time you complete a challenge.

BE RESPONSIBLE:
Put your clothes in the laundry.

BE KIND:
Share a toy with your brother or sister.
Buddy Workout

Tell your child that you have work to do, but it is easier to do work if you have a buddy. Ask your child to be your work buddy. Then, pick a simple task to do together. Examples are: put clean laundry in basket, throw dirty clothes in washer, dust shelves, water plants, pick up trash in yard, polish table, etc.

We did it! It was (circle one):

Great  Okay  Hard to do
Download customizable versions of these resources at militaryfamilieslearningnetwork.org/event/61149/