



**AUGUST
2024**

YOUR QUARTERLY NEWLETTER FROM MRS. BRAUN!

WORRY & ANXIETY TIP

STARTING A NEW GRADE CAN INDUCE ANXIOUS FEELINGS IN OUR KIDDOS. HELPING KIDS EMBRACE THEIR INDIVIDUALITY AND EXPLORE CREATIVE OUTLETS CAN BE A GREAT TOOL! THINGS SUCH AS JOURNALING, POETRY OR WRITING STORIES CAN REALLY HELP STUDENTS EXPRESS THEIR EMOTIONS IN A HEALTHY WAY. *SOMETHING FUN TO TRY:* HAVE YOUR STUDENT WRITE A STORY OR COMIC WHERE THEIR "WORRY" IS THE VILLAN AND THEY ARE THE HERO. THEN, THEY HAVE THE FREEDOM TO IMAGINE WAYS TO "DEFEAT" THEIR WORRIES!



Every one of us needs
to show how much
we care for each other
and, in the process,
care for ourselves.

— Diana, Princess of Wales

MINDFUL MINUTE ACTIVITY

TRY THIS WITH YOUR STUDENT!
SPREAD YOUR ARMS LIKE A
BEAUTIFUL BUTTERFLY! LET
YOUR ARMS MOVE LIKE A
BUTTERFLY AS YOU BREATHE IN.
ENJOY THE MOVEMENT. BREATHE
OUT.

CURRENT FAV SEL BOOK!

*A GOOD THING HAPPENED TODAY BY
MICHELLE FIGUEROA.*

"THIS BOOK HIGHLIGHTS GOOD MOMENTS THAT INSPIRE CHILDREN TO BECOME THE GOOD NEWS IN THE WORLD! IT REMINDS US THAT THERE ARE POSITIVE THINGS HAPPENING EVERY DAY AND WE CAN ALL BE A PART OF IT." -GOODREADS

LET'S STAY IN TOUCH



SBRAUN@TWINSBURGCSD.ORG



330-486-2138