



### LEARNING TO CALM FEAR

Today your child learned about ways to deal with fear. Fear is a reaction to things that scare you. You can't always make scary things go away, but there are ways to feel better, whatever you're facing:

**Breathing exercises**—Breathing comes so naturally that you can sometimes forget how important and powerful it is. Your child practiced breathing in through the nose and out through the mouth for several minutes to see how it changes the way he or she feels.

**Meditation**—Even a few minutes of meditating a day can help you feel calmer and more at peace, no matter the circumstances. See "Meditation Made Easy" for a simple meditation idea.

**Physical movements that can help you feel brave**—Being brave means being willing to face the things you're afraid of. One way to learn bravery is to do exercise that actually helps you feel it in your body. Ask your child to show you one of the bravery-building activities he or she learned today!



### MEDITATION MADE EASY

Here is an easy one-minute meditation your whole family can do! Stand or sit with your feet on the ground, close your eyes, and repeat in your mind the phrase, "I am peaceful and at ease; I am well." Make the phrase your only focus. If your mind wanders, that's okay. Just keep coming back to the phrase until a minute has passed.



### CREATURE: AN OUTDOOR ART PROJECT

Give your child a paper bag to bring outside to collect treasures. Tell your child that he or she will be making a creature out of the treasures.

Have your child think about the creature he or she wants to make. Then offer suggestions of things to collect such as a rock for the body, twigs for legs, leaves for wings, and tree seeds for scales. Let your child be creative!

Once all the supplies are collected, have your child glue the creature together and allow time to dry.

