

Sometimes, GOOD
PEOPLE make
BAD CHOICES.
It doesn't mean
they're bad... it means
THEY'RE HUMAN.
WWW.LIVELIFEHAPPY.COM

Mrs. Reva
Positive Behavior Specialist

Parents,

As we navigate these uncharted waters, I wanted to reach out to you and let you know a few things.

- ❖ This district wants each of us to have office hours so that we are available to you should you have any questions or concerns. I will have office hours from 9-11 and 1-3. But please know I am available whenever you need me. Please don't hesitate to reach out.
- ❖ I will be providing packets of skills I want my kiddos to be working on. Please let me know if you require paper packets and I will be happy to get it to you!
- ❖ Communication - I will check my email often so that may be the best way to reach me. Reva.hopkins@jcsd.k12.ms.us I have an office phone that I will check periodically (we are trying to keep traffic out of the building). 228-818-4833 ext 301. I will be sending each of you a text tomorrow through school status you are welcome to respond and I will get right back to you.

Guys, I miss every one of my students dearly and I cannot wait until this time is over and we can get back school. I'll see you all soon, remember what I always tell you...Make good choices and make me proud!!!

Resources to utilize - they can be viewed on a phone

Controlling Emotions

Mindfulness - calming strategy that is helpful for anxiety, frustration, and anger. Once practiced they can utilize it when they are escalated to shift their focus. It helps with a multitude of behaviors.

<https://www.doyou.com/10-cool-meditations-for-pre-teens-and-teens-67578/>

<https://health.clevelandclinic.org/how-to-use-meditation-for-teen-stress-and-anxiety/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.verywellfamily.com/ways-to-teach-mindfulness-to-kids-4134344>

Impulsive behaviors

<https://wholeperson.com/pdf/Managing-Disruptive-Behavior.pdf> Go to pages 18 to 20 and complete the scale on a separate sheet of paper and discuss.

Playing games that require turn taking are also a great way to help intervene with impulsive behaviors.

Conflict Resolution

<https://wholeperson.com/pdf/TeenConflictWorkbook.pdf> Pages 15 to 20. Complete on a separate sheet of paper and discuss.

<https://www.edcc.edu/counseling/documents/Conflict.pdf>

https://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf

Anger Management

<https://www.verywellfamily.com/teach-teens-anger-management-skills-2609114>

<https://paradigmcalibu.com/anger-management-techniques/>

<https://blog.brookespublishing.com/8-anger-management-tips-for-your-students/>

<https://wholeperson.com/pdf/TeenAngerWorkbook.pdf> Pages 15 to 21. Complete on a separate sheet of paper and discuss.