

The Land of Do

Dear Parent/Guardian:

This week Kelly and her friends came upon the Land of Do where everyone was doing something but not always thinking about what they were doing. The group was angry and scared when they saw a boy throwing rocks at a rabbit in a thicket. However, they learned that by using their clear-bright thoughts instead of stormy thoughts, they were able to devise a plan of action so that Rabbit was saved and no one was hurt.



Suggestion for this week

1. At different times during the week when your child is either happy or sad or angry, ask your child if he or she is having stormy thoughts or clear-bright thoughts.
2. Ask what she might DO if she has stormy thoughts? And what might she DO if she has clear-bright thoughts?
3. If your child is having a problem with something, ask him or her if using clear-bright thinking might help in coming up with a plan of action for solving the problem.
4. For a craft activity decorate two boxes, one for clear-bright thoughts and the other for stormy thought. Throughout the week family members can write their thoughts down and put them into the boxes. Once a week the whole family can discuss these thoughts and see how the person is feeling now and try to help change stormy thoughts into clear-bright thoughts.

Sincerely,

Mrs. Zadorozny & Grade 2 Teachers
Child Development Advisor