

## The Land of Feel

### MAGIC WORDS

Think clear. Think bright.  
Feel the sun in my heart just right.  
Your words can't hurt,  
No matter what you say.  
Because in my own mind,  
I know that I'm okay!

Dear Parent/Guardian,

In this week's lesson, Kelly and Jerome entered the Land of Feel to enlist the help of the Gray Knight in finding the Spiral of Success. There they learned that the Gray Knight once had possession of the golden spiral but lost it in the Forest of Confusion. Feeling badly about his mistake, he has been sad and gloomy ever since. Kelly, Jerome and the school children help Gray Knight learn to use these magic words to change his thinking so that no matter what is said to him, he can control his thinking and still feel good about himself.



### Suggestions for this week

1. Have your child read or recite the magic words.
2. Ask the child, "What are these magic words for?"
3. Ask, "Who is the Gray Knight? What did he learn in the story?"
4. If you see your child get upset by something someone says to him or her, you can ask:
  - a. Are you feeling stormy feelings inside?
  - b. What would the Gray Knight do about those feelings?
  - c. Can you say the magic words you learned this week? Do you want me to say them with you? How do you feel now?

Sincerely,

Mrs. Zadorozny  
Child Development Advisor

Grade 2 Teaching Team