

Mrs. Carlson's CLASS NEWS



A NOTE FROM THE TEACHER

We learned about our upstairs brain (pre-frontal cortex) and downstairs brain (cerebellum) and how they work together to keep us safe and healthy. Sometimes we have strong feelings and it makes it harder for our upstairs and downstairs brain to work together, so we are working on building a toolkit of calm down strategies.

Calm Down Strategies:

- Belly Breath
- Counting
- Using positive self talk

WHAT'S HAPPENING IN...

Word of the Week: Mindfulness

Social Studies: Our World

Math: Measurement

Reading: Wondering

Writing: Opinion Writing

Phonics: Consonant Blends Fr, Dr, Cr

Scholastic Class Code: RLJBX

HOME PRACTICE REMINDER

Ask your child to teach you their favorite calm down strategy.

DATES TO REMEMBER

PTSA Cultural Fair February 7th 5:30pm
 Mid-Winter Break No School February 18th-22nd
 PTSA STEM night March 19th

THANK YOU, Mrs. Carlson

OPINION

Sentence Starters

- *I prefer...
- *I think...
- *I feel...
- *I know...
- *I believe...
- *In my opinion...
- *The best thing about...
- *The greatest part about...
- *The worst part about...
- *Everyone should...
- *___ is better than ___ because...
- *if you liked ___, than you will love ___,