

# Mrs. Carlson's CLASS NEWS



## A NOTE FROM THE TEACHER

As we transition back after our long break we will continue to build the skills of mindfulness and self regulation, focusing on what our bodies feel, see, smell, and hear.

### **Calm Down Strategies:**

Belly Breath

Counting

Using positive self talk

## WHAT'S HAPPENING IN...

*Word of the Week:* Mindfulness

**Social Studies:** Our World

**Math:** Place Value & Addition and Subtraction to 40

**Reading:** Compare & Contrast

**Writing:** Opinion Writing

**Phonics:** *at* & *an* words, long vowel practice, plural nouns

**Scholastic Class Code:** RLJBX

## HOME PRACTICE REMINDER

Continue to practice calm down strategies in different situations (for example, on the playground, a friends house, the grocery store, birthday parties etc).

## DATES TO REMEMBER

5<sup>th</sup> Grade Science Fair February 28<sup>th</sup>

Daylights Savings Time starts March 10<sup>th</sup>

PTSA STEM night March 19<sup>th</sup>

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 \_\_\_,