



Dear Family,

Everyone experiences some stress in their lives. Sometimes people turn to unhealthy ways of coping such as smoking, alcohol or drugs. Research has shown that if we teach our children healthy ways to cope with day-to-day situations, then when they grow up they'll be better prepared to cope with stress in ways that don't cause other problems.

Today our class has been learning about how to identify things that might cause them stress, as well as healthy ways to react and cope. They learnt two relaxation techniques that they can use wherever they are. These involved learning how to slow down and do some breathing exercises which will help them relax and get rid of their stress, rather than letting it build up and cause problems. Children often enjoy showing their family what they've learnt, so you might want to ask them to show you some of these techniques. Even though they might be different from what you're used to seeing them do, the evidence shows they're really effective ways of dealing with stress for children as well as adults!

Families can help children to practice dealing with stress. If your child gets angry and frustrated at something, gently remind them about the relaxation techniques they've learnt in school. Hopefully it will help them slow down and deal with what is causing them stress in a better way.

If you have any comments or would like any other information please drop me a line via the school office and I'll give you a call back.

Best wishes,