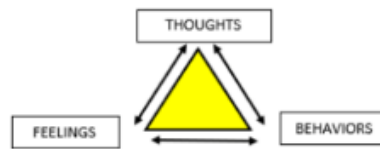


Dear Families/Caregivers,

We all have stress – even children. Simply put, stress is a reaction to challenges. Small amounts of stress can be helpful. Too much stress can disrupt brain development and cause many physical and mental health problems.

Little changes to our feelings, thoughts, and behaviors can make a big difference. For example, students learned that if they are feeling anxious about a test, changing their thoughts about the test may change their feelings and behaviors. Likewise, if they change their behavior (like studying for the test), their feelings and thoughts may change. Knowing the connection between feelings, thoughts, and behaviors can help them to make choices to feel better.



If your child is feeling stress at home, ask what feelings, thoughts, or behaviors he or she can change. Even small changes can make a difference.

As you're watching TV or a movie with your child, call attention to a character who is experiencing stress. Ask your child what the character can do to change his feelings, thoughts, or behaviors.