

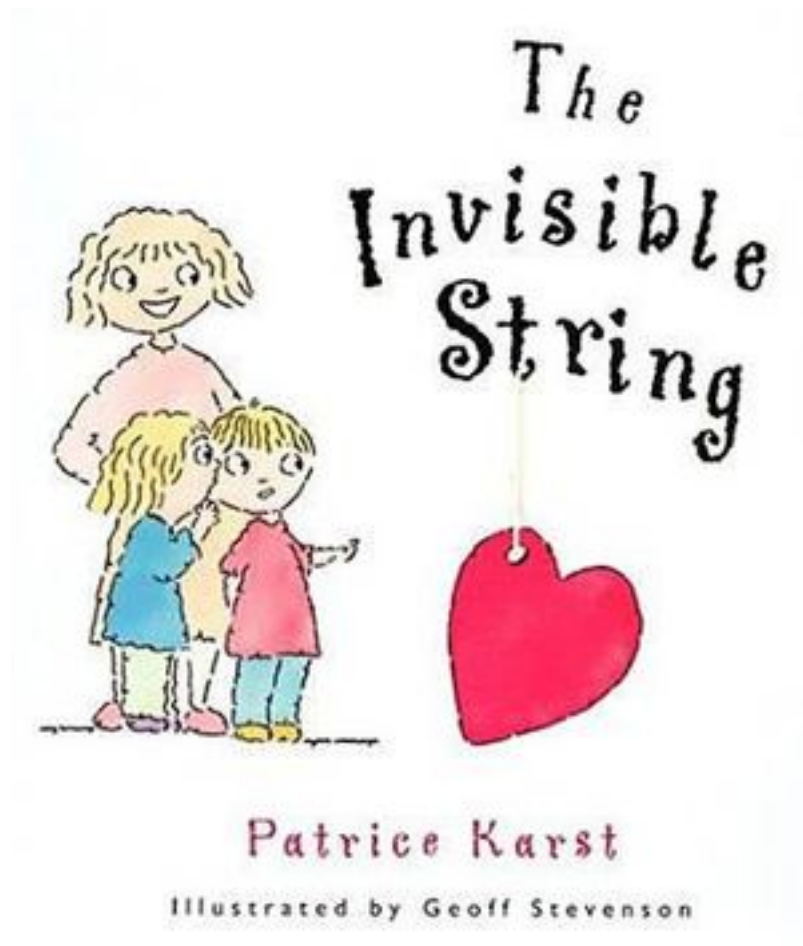
Dear Parents,

This week in "Circles" our theme is "Coping with Sadness".

We will be discussing times that we have felt sad – what happened? How did we feel in our body? What did we do?

We will discuss how sometimes we might want to push our sadness away and pretend it is not there. However, although it is not always easy to do, it is often better to be gentle with ourselves and giving ourselves permission to be sad. Magically, just by doing this, big feelings seem a little smaller. We will practice a technique to help us when we feel sadness (or any other feelings) in our bodies. Ask your child to show you!

We will also talk about how to help our friends with sadness. Even though we might not know the right thing to say, just being with them and listening can mean the world to someone. If you haven't already read it "The Invisible String", is an amazing resource to talk to children about sadness and worry and if you want to have a good cry yourself, I highly recommend.



Have a peaceful week,

Melissa Ford  
**Guidance Counsellor**