

## Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is studying social and emotional health. The topics include relationships with friends and family members, and the skills needed to talk and listen, manage stress, and prevent and resolve conflicts.

Questions your child will consider include *How can I deal with negative peer pressure? How can good speaking and listening skills help me deal with family problems, manage stress, and resolve conflicts?* and many others. With your help, your child can proceed with confidence and find satisfying answers.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Talk with your child about what you consider to be the qualities of a good friend. With your child, make a poster titled "To have a good friend, be a good friend." Under the title, list pointers about how to act, speak, listen to, attract, and keep good, helpful friends.
- Create a daily "family time." Let each family member take a turn deciding what the family will do together at one of the sessions, such as take a walk, play a game, or discuss a manageable problem.
- Find a place at home where each family member can sit quietly and relax, undisturbed, during times of stress. Encourage family members to respect each other's need to visit that place. Have them talk about why the "quiet place" is helpful.

Please engage in any other activities that you feel will help your child deal with peer pressure and everyday problems. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher