



Dear Parents and Guardians,

We hope you're having fun practicing the Clean Up with your kids. Every time you have your children use the Clean Up to be responsible for their mistakes and problems, you're teaching them vital social emotional skills like **self management, social awareness** and **relationship skills**! In our next workshop, "I've Got Your Back: From Bystander to Upstander," we'll help your kids take the Soul Shoppe skills they've learned for themselves and apply them to supporting their friends and classmates as SuperAllies. We'll teach them how to use a new tool -- Ally Words -- to help friends stop bullying, teasing, excluding, or gossiping, and choose the tools that will truly resolve their issues.

Students will learn the Four Steps to SuperAllyship:

1. **Activate Balloon Vision (say it like a superhero - ACTIVATE: Balloon Vision!)**
When you notice a problem going down, look for the full balloons! Remember that everyone has a balloon and we can see that it's full by the way they're acting. While we can't actually know for sure what people are feeling, we can use empathy and notice that they might need help.
2. **Power Up**
Sometimes OUR balloons might start to fill up when we see other people getting hurt. We may feel nervous or angry or confused. That's why the next step is to power up! Stop and Breathe. Remember you have the power to step up and be an ally. Decide whether you need to get some assistance from a friend, a peacemaker, or an adult.
3. **Choose a Tool**
You've learned a lot of tools you can use in this situation! Maybe ask the person if they want to Check In or do a Buddy Breath. Or use Ally Words - if you see someone leaking right in front of you, step up and say, "Please stop. Do you need help? Do you need a friend?"
4. **Follow Through**
If you offer to help the people involved in the problem, it's important to follow through on your offer. Follow through can look like a lot of different things. You can listen, or give ideas for how to resolve the situation. You can recruit other allies to be supportive, or offer calming reminders when needed. Sometimes the person needs more help than you can give or they're not ready to receive help right away. It's okay to let an adult know so they can step in.

Please ask your kids what they learned at Soul Shoppe and ask them to demonstrate the Four Steps to SuperAllyship to you. Talk with them about their important role in the family to help others empty their balloons, and help them see their power to make their world a better place by showing empathy. When they (or you!) see people leaking their balloons, help them out by offering to Check In, do a Buddy Breath, or be a friend in some other way. If you see your child acting out or hurting someone, reinforce the language they're learning by asking, "Do you need help? Do you need a friend?" "Is there something in your balloon?" Feel free to let us know what your kids think, how you're using the tools at home, or any questions you have! We even love to see videos of families using Soul Shoppe tools, so if you have a minute, show us how you use the tools at home! Send videos along to support@soulshoppe.com

As always, please let us know how it goes, and we hope you enjoy your time with us! See you soon!

Warmly,

The Soul Shoppe Workshop Team