



Dear Parents and Guardians,

We're looking forward to seeing your child at our next workshop, "Stop + Breathe: Taming Your Inner Dragon," where we'll continue working on **emotional self-awareness** and **self-management skills**.

Students will learn about:

- Stop & Breathe: Our six-step process for getting centered so we can make wise choices.
 - **Stop** and focus our attention.
 - **Breathe** deeply, using one of the four mindful breaths.
 - **Think** about what's in our balloon. Check in with our feelings and what we might need.
 - **Choose** the next action we want to take.
 - **Act**.
 - **Cheer** for ourselves for remembering to Stop + Breathe
- Four Mindful Breaths: Dragon Steam, Buddy Breath, Five Fingers, and Quiet Breath are techniques to use when we need to calm down and think more clearly. We can choose the style of breathing that works best for us in that particular situation.

Please ask your kids what they learned at Soul Shoppe and ask them to teach you the four breathing techniques. Talk about how you could use each of the techniques as a family. We all deal with fiery feelings from time to time and we can help each other manage our feelings when issues come up. Feel free to let us know what your kids think and send us any questions you have!

Peace,

The Soul Shoppe Workshops Team