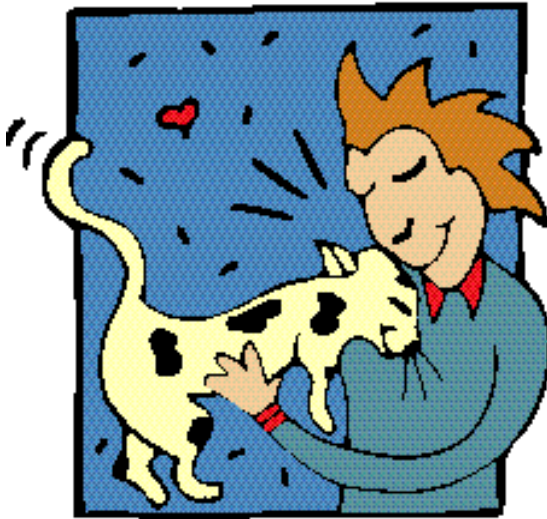


Caring Cat

Dear Parent,

This week at school, your child enjoyed a poem, classroom discussion and proficiency-based activity to help them develop and use non-violent problem solving skills. In this week's poem, a cool cat, Caring, has many friends at school. He has friends because Caring knows the qualities of friendship. He knows, it is important to be fair and kind. Caring Cat knows how to solve a problem using wisdom and patience. Caring remembers that "All Roads Lead to Peace," especially when it comes to solving a disagreement.



**When you come to a "fork in the road,"
There are several ways you can go:
You may fight or you may flee
Or do what's best
And solve it peacefully!
That's as easy as 1-2-3!**

**The 3 R's of Conflict Management:
RELAX REFLECT RESPOND**

STOP/RELAX Take a deep breath and slowly count to 10. Don't say anything yet. Get in touch with your needs and feelings. Take a "step back" from the situation so you can look at the whole picture.

WAIT/REFLECT Think about what just happened. Think of a word or two that describes how you feel. What are your needs? Name some options to help you feel better about what just happened.

GO/RESPOND State the problem by speaking slowly and calmly. Use a quiet, inside voice to tell those involved how you are affected by what just happened. Now listen to what others involved have to say. Share ideas and try cooperatively to find a workable solution.

Caring Cat

Know Place Like Home Suggested Activities



1. Refrigerator Art: Caring Cat's Meow

Make a Caring Cat face by:

1. Drawing one large circle, two large triangles, one small triangle and six long, thin rectangular strips from plain colored paper.
2. Attach the two large triangles to the circle on the top. These will be the ears.
3. Use the small triangle for a nose. IN the center of the triangle write 'We Care'.
4. On each of the six long, thin rectangular strips write a caring goal for the week for each member of the family. For example, "I will show Mom I care by making my bed everyday" without being told or "I will show my brother I care by sharing a toy."
5. Attach the whiskers to the small nose (triangle) and place this cool caring cat in a prominent place in your home. (Remember to use the rules of the road when caring becomes a challenge.)

2. Memory Builder: Be a Caring Cool Cat!

Do you have a pet? If not, maybe someone in your family or neighborhood does. With the permission or the help of an adult pet owner, show you care about animals by providing a Random Act of Kindness. This could be as simple as a compliment or as involved as exercising the pet for several days.

3. Family Chat: Compliment Copy Cat

Write or share a compliment with someone in your family each day. Before bedtime, talk about any compliments that were given or received that day. Discuss the effects of these compliments. By the week's end, your family may be feeling more positive than usual and well on their way to better management of those "Potholes" on the Road to Peace.