

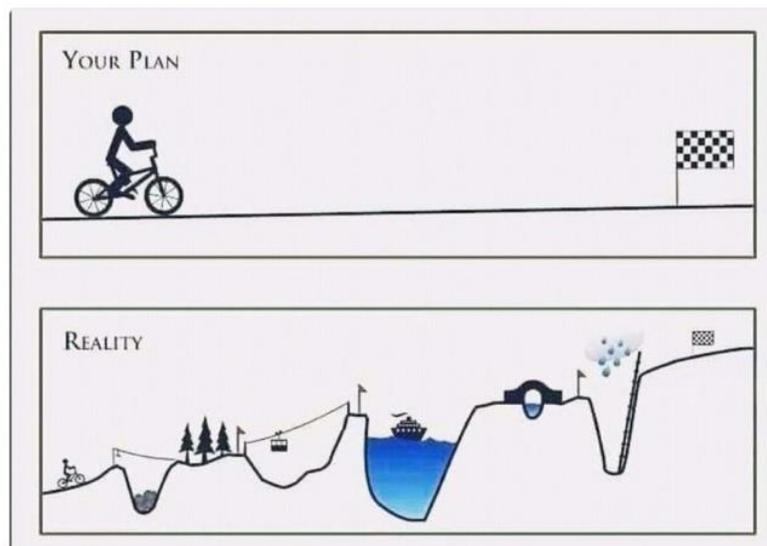


Yay! Summer is almost here and I hope you are as excited as I am. I get so happy when summer comes around. What makes you happy? Is there anything special you like to do or somewhere you like to go that makes you happy? Of course, you probably aren't happy all the time and there are lots of other great emotions you have. It would be a pretty boring day without ever feeling any emotions. Remember how it feels to be excited or scared or frustrated or even sad? All these emotions help make you who you are! It's ok to have feelings and sometimes it can be hard to be happy all the time. Just remember that you have family and friends who love you and are always willing to listen to you. You can tell them what you are feeling and they can help you figure out what might be bothering you. It's important to realize that every feeling comes and goes and but know it won't last forever! I hope you will join us May 23 at 2 pm for our final Zoom of the 2020-2021 year! We will gather together to talk about our plans for the summer, share a talent or two and have a little show and tell. I hope to see you there! If not, I hope you have a wonderful summer! Information about the 2021-2022 UUCE will be headed your way at a later date.

Included is a fun little sorting activity about different emotions. Put all the cards out, face down and have your child pick one card at a time and decide which emotion it goes with. It presents an opportunity for lots of discussion about emotions and things they associate with that particular emotion. Plus, it's a simple & fun way to get your little ones talking!



So this month, I was going to talk a little bit about happiness, but then I came across this short Ted Talk on YouTube that I found to be way more entertaining. I also thought it would give you a little something to think about when it comes to how we learn. The video is called “The Super Mario Effect” and it’s by Mark Rober. You can just enter his name and the title into the search engine, and it *should* pop up. If you can’t find it, the link will be on the RE Connect page. (Btw, he’s also got a ton of other great videos with some super awesome inventions – the girls and I really enjoy seeing what he comes up with). In this video, Mark Rober gives us a new way to think about learning. Sometimes, just changing the way we think about a challenge, problem or even a life event can really make a difference. There will always be traps and pits, you just have to keep your eye on the princess (or end goal)! I also find it encouraging to hear how other people I admire fail and struggle even though they make it look so easy. It really does take a lot of failures to not only create or learn something new, but also just to get through the daily challenges of this grand adventure we call life. You just have to be willing to keep trying and always keep learning! I hope you will join us May 23 at 2 pm for our final Zoom of the 2020-2021 year! We will gather together to talk about our plans for the summer, share a talent or two and have a little show and tell. I hope to see you there! If not, I will be sending out one more letter next month to wrap up the year. Have a great month and talk to you again soon!



Did You Ever Think About?

1. If I could choose how to spend my day, what would I do?
2. Who matters most to me? Who make me feel comfortable?
3. What makes me uncomfortable?
4. What do I like to do for fun?
5. What am I interested in or want to try?
6. What am I worried about?
7. What are my values? What do I believe in?
8. If I could have one wish, it would be _____
9. Where do I feel safest?
10. If I wasn't afraid, I would _____
11. What am I proud of?
12. Am I a night owl or an early bird?
13. What do I like about school? What do I dislike?
14. What do I do to show myself compassion and self-care?
15. Do I enjoy being around others or being by myself?
16. What is my happiest memory?
17. What is my favorite book? Movie? Band? Food? Color? Animal?
18. What am I grateful for?
19. When I'm feeling down I like to _____
20. I know I'm stressed when I _____

The more you know yourself, the better!

20 Ways to Reverse a Bad Mood

(And make you feel a little better when the world has got you down)

1. Throw a ball (preferably outside).
2. Go for a walk or run.
3. Snuggle with a pet.
4. Read a good book and get lost in an imaginary world!
5. Watch your favorite movie.
6. Watch a silly video on YouTube.
7. Go outside and listen to the birds.
8. Light a candle.
9. Donate something.
10. Jump rope.
11. Call a friend. Bonus points if it's someone who you haven't talked to in a while - you'll make their day, and they'll make yours.
12. Go to your local library.
13. Pull some weeds or plant a few seeds.
14. Paint something.
15. Take a nap. Sleep helps boost your mood!
16. Pause for a moment. Take some time to rest, relax, and just be for a moment.
17. Write in a journal. Writing is great way to relieve stress and remember your day-to-day adventures.
18. Play a board game.
19. Play your favorite music.
20. Spend time with family.