Dear Students and Families,

School may be closed, but I'm thinking about each of you and your families often during our time apart.

It's normal to have big feelings and emotions about a sudden change in your daily routine. If you begin to feel scared or sad about these changes, I want you to tell an adult in your house how you're feeling right away. Then, I want you to do at least one of these things:

Belly Breathing
Blow out the birthday candles
Bari Koral

I miss you all, but I trust the adults who made this important decision to keep us all healthy.

I'm looking forward to seeing you all again in a few weeks.
Until then, remember to be kind to your family members, keep learning, and most importantly - wash your hands!

Be Well,

Ms. Watson

©2020 Pre-K Pages, LLC