***ABC*** **Tips for Yard Duty**

This month, the **ABC** book is *Clovis Keeps His Cool.* Our goals are for students to understand the different ways people express their emotions and how to respond to these expressions in an empathetic manner, to *stop, think,* and *reconsider* their response, and to *offer second chances.*

* Encourage students to allow feelings to stand and move through them in appropriate ways.
* Remind students of their coping tools when dealing with anger, such as:
* Take 5 slow, deep breaths
* Count to 10 or 20
* Smell the flower and blow out the candle
* Use *positive self-talk*
* Take a walk
* Do something physical (run or dance)
* Talk it out with a friend or caring adult

**ABC Skill Building Vocabulary:**

1. **Coping tools-** Actions students can take to manage feelings of anger as they reconsider their reactions.
2. ***Offering second chances-*** Show empathy by giving someone another chance after an angry outburst or hurtful words. Use a genuine apology as part of reconnecting can lead to the building of a new relationship.