



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Dear Parents/Guardian:

Today in your child's classroom, I read the book *Clovis Keeps His Cool* by Katelyn Aronson. This story is about Clovis, a bull, who has taken over his grandmother's china shop. In the past he struggled with his temper, but recently he has been learning how to manage it, until loses his temper. He forgets how to use his coping tools and this results in the destruction of the shop. After he cools off, Clovis honors his grandmother's memory by *reconsidering and giving second chances*. The end result is a discovery of how *offering second chances* can lead to building new relationships.

**Talk with your child about *Clovis Keeps He Cool*. Discuss what coping tools Clovis used when he felt anger building and what tools your child may try to keep their cool:**

- Take 5 slow, deep breaths
- Count to 10 (or 20) with a counting box/bag
- Squeeze a pillow
- Smell a calming scent like lavender
- Use *positive self-talk*
- Take a walk
- Do something physical (run or dance)
- Talk it out with a friend or caring adult

By discussing and practicing coping strategies for anger management beforehand, we can proactively develop techniques to regulate emotions, prevent angry outbursts, and maintain healthy relationships. This empowers students to take charge of their own emotional well-being by *reconsidering* their reactions. Learning this skill is key to being able to give *second chances* to themselves and others.

If you would like more information about the ABC program or would like to volunteer to read in the classroom, please contact me.

Sincerely,

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ABC Volunteer

Telephone/Email