**Parent Email Blurb: *Clovis Keeps His Cool***

Today in your student’s classroom, I read the book *Clovis Keeps His Cool* by Katelyn Aronson. Clovis has struggled with his temper in the past, but he has been learning how to manage it. However, when he faces a big challenge to keeping his cool, he’s unable to use his coping tools, resulting in the destruction of his grandmother’s shop.

**Discuss what coping tools Clovis used when he felt anger building and what tools your student may try to *keep their cool*:**

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

After Clovis calms down, he honors his grandmother’s memory by *reconsidering* and giving *second chances.* *Offering second chances* can lead to the building of new relationships.