

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.