

Hi to all my StrongStart families 😊 I hope you are all continuing to take good care of each other and that you are able to safely enjoy some activities that were previously restricted. StrongStart will not be re-opening in June. Information regarding StrongStart will be posted on the district website [www.sd43.bc.ca](http://www.sd43.bc.ca) Please feel free to keep in touch through email. With love and hugs, Miss Linda. [ljang@sd43.bc.ca](mailto:ljang@sd43.bc.ca)



Free webinar from The Dalai Lama Center:  
The New Normal: Preparing Ourselves &  
Our Children for Back to School  
Information: [here](#)

Click on the link to see  
Miss Linda read a story:

[A Good Day](#)

[The Three Little Fish and the Big Bad Shark](#)



### Activity:

You can use a paper plate or a piece of paper and draw lines to divide it into four sections. Then you can draw faces to show different emotions. For example: happy, sad, mad, scared, or others. Encourage your child to tell you how they are feeling and perhaps why. You can also share how you are feeling to your child.

With so many challenges going on in our lives right now, emotions can be intense. It can be particularly challenging for adults to remain calm when children's emotions are strong and often expressed through their behaviour. Encouraging children to talk about how they are feeling and giving them the words to name their emotions, helps children develop self-regulation, which is an important skill for school and life.