

**Lower Columbia College Head Start/ECEAP
Parent Frustration Letter – Child**

Dear _____,

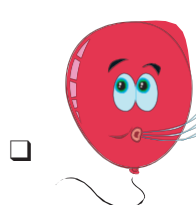
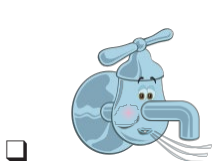
Date: _____

I worked through my frustration today. I was frustrated because _____ and didn't know the words to use so I _____. I then realized my mistake and

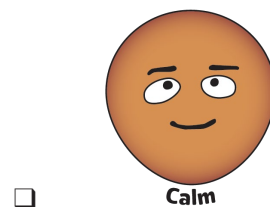
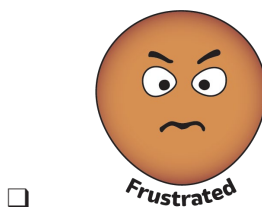
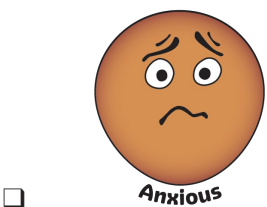
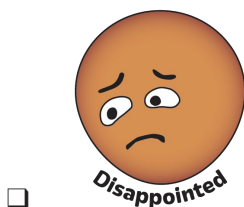
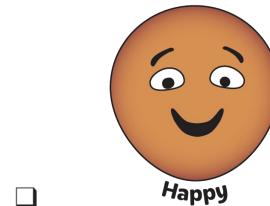
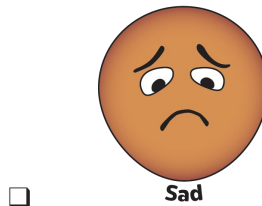
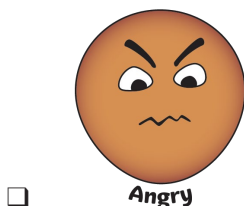
☐ used the Safe Place.

☐ picked another way to solve my problem.

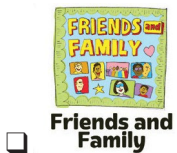
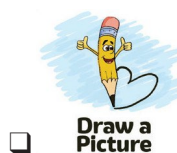
My "I Calm" choice in the Safe Place was:



My "I Feel" choice in the Safe Place was:



My "I Choose" to think choice was:



My problem-solving choice was: _____.

Join me in celebrating my hard work on learning to be helpful instead of hurtful. Here's how you can help. Ask me to:

1. Explain how I used the Safe Place to calm down and think of helpful solutions.
2. To show you the four ways I have learned to calm myself. Can you guess which one is my favorite

Thank you for your support as we work together.

Sincerely,





Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, Take a deep breath And Relax
Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and make a “pbpbpbpbpb” sound.