



Dear Parents,

We hope you're having fun practicing your favorite "Stop & Breathe" techniques! In our next workshop, "Work It Out," we'll learn how to use the Clean Up tool to resolve problems and we'll continue developing students' **emotional self-awareness** and **conflict-resolution** skills.

We'll be learning about:

- The Clean Up: Our five-step process for resolving problems. When a problem comes up, we approach the person we hurt and say -
 - **I know that I . . .**
 - **I apologize.**
 - **What can I do to make it right?** Listen to what they need.
 - **Next time I will . . .**
 - **Will you forgive me?**
- Our Power: We're all powerful people and our actions affect others. When we recognize our power, we can take responsibility for our actions and take steps to make things right for all of the people we impact.
- Asking for Help: Cleaning our problems up means doing more than saying, "Sorry!" We may need help in order to keep ourselves from making the same mistakes again and again. We may need help figuring out how to deliver a Clean Up in the first place. If we practice thinking about what we need and asking for help with it, we can solve our problems for good!

Please ask your kids what they learned at Soul Shoppe and ask them to demonstrate the Clean Up to you. Talk with them about their important role in the family and help them see how their actions affect everyone. If problems arise, practice using the Clean Up and asking for help so we can work it out for good. Feel free to let us know what your kids think, or any questions you have!

Peace,

The Soul Shoppe Workshops Team