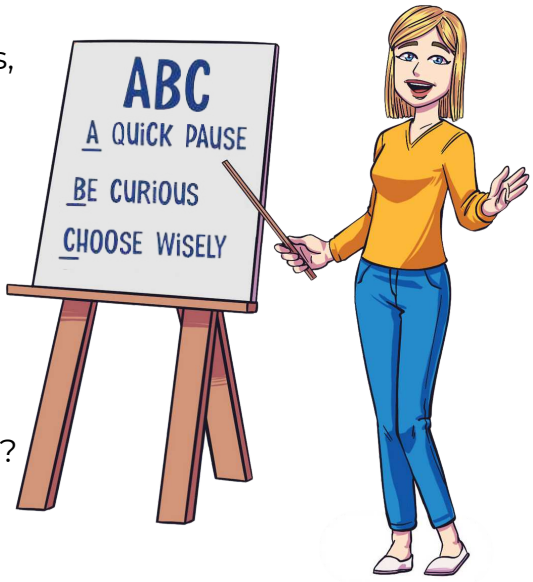
Better Together

Your Amazing ABC's

Today we learned how our Amazing ABC's can help us make wise choices!

When we feel strong emotions like anger, fear, or frustration, we can take **A** quick pause, **B**e curious, and **C**hoose wisely!



Key Themes

- Building our self-regulation skills helps us make thoughtful decisions, even when we are dealing with big emotions.
- A great tool to use when we feel those emotions coming is our Amazing ABC's:
  - **A quick pause:** What can I do to calm down?
  - **Be curious:** What is my brain reacting to?
  - **Choose wisely:** How should I respond?

Keep Growing Those Brains

- Use the ABC's during moments, like a minor homework frustration to help build your child's confidence in handling bigger challenges.
- Show how you handle your own feelings by talking through the ABC's. Kids learn by watching!
- Celebrate small wins! Acknowledge when your child uses any part of the ABC's effectively.

Try It Together

Make the ABC's a family habit! When emotions run high, take a quick pause together, be curious about what's causing the feelings, and choose a response, like a break, a hug, or asking for help. Practicing together shows that everyone needs tools to handle big emotions.

Quick Guides for Your Family

Check out this blog post to get some tips for dealing with a common big emotion: anger!

Your Amazing Brain helps everyone understand why we do what we do. Check it out!

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