

Dear Family,

We are starting a unit on **Problem Solving** with Harmony SEL, our social and emotional learning program. Throughout this unit, students will learn to resolve interpersonal conflict, develop cooperation skills, and practice self-regulation.

Identifying Problems and **Solving Problems** are skills that help children resolve day-to-day conflicts and lay the foundation for healthy behavior throughout their lives. In this unit, students will practice recognizing different perspectives and working together to find fair solutions. As a class, we will focus on the four steps of problem-solving:

1. **STOP** and calm down.
2. **TALK** to understand the problem.
3. **THINK** of possible solutions.
4. **TRY** a solution and see how it works for everyone.

Cooperating and **Being Considerate** both create opportunities for children to teach and learn from one another. By practicing teamwork skills and developing strategies for self-regulation, students will find compatible ways to collaborate while respecting each other's individuality.

An important part of this program is for students to continue discussing and practicing concepts outside the classroom. I'm hoping you can reinforce at home what we are learning in class. Ask your child about these concepts!

Thank you for your involvement. Please contact me if you have any questions about the Harmony program.

Sincerely,