

"Miss T. Message"- #2- K-2
4/1/2020

Hello again friends!

I have been talking with a lot of people this week, kids and grown ups, and many of them had something in common- they all were feeling some anxiety (also known as worry). Some were worrying about their parents, some were worrying about their kids, some were worrying about schoolwork; there was a lot of worrying going on! One of the books that I really like is called "A Little Spot of Anxiety" and here is a video of someone reading it on YouTube:

<https://www.youtube.com/watch?v=4IFcqm6Ox0k>

I hope you and your grown ups can watch it together and talk about it afterward. There is a lot of good advice in this book.

I still miss you guys A LOT! Remember your parents can email me and you can, too. My address is jtourtlotte@msad11.org

Take care of yourselves!
Miss T.