

# Hope Academy of NWA

Strive for progress, not perfection

## QUOTES TO REMIND CHILD

A little progress each day adds up to big results.

## REMINDERS

**Drop off: 7:30-8:00AM**

**Pick Up: 2:50-3:15PM**

\*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

\*Monthly, we have a fire and tornado drill.. Make sure your child knows what the plan is at your house if there is an emergency and the importance of sticking together

**+Kindergarten Graduation: May 25, 2023**

**+Fun and Field Day: May 24, 2023**

**+Last Day of School: May 25, 2023**

**+No After School Care: May 25, 2023**

**Failure is not the opposite of success. It is part of success**

## **It's okay to be triggered. Being triggered is a normal part of life:**

It's what you DO when triggered which makes the difference between growing and staying stuck. Instead of fighting the trigger, feel the discomfort. If you feel anger, sit with it until it turns to sadness and/or powerlessness. To find the discomfort in your body, think about your urge. If you have an urge to yell, ask yourself "what will it feel like if I don't yell?" That should help you feel the feeling in your body. The urge to yell is to make the bad feeling in your body go away, so if you don't yell that feeling will persist and you'll have the opportunity to process it. Maybe you need to release tension while you feel the discomfort, for example running, yelling into a pillow, or squeezing something. Reach for support. Anything is okay as long as it's not destructive or a way to escape the bad feeling. The feeling needs to run its course.

## **Here are some ideas:**

- ❖ Instead of shrinking, get assertive-Learn to tolerate feelings of rejection and anxiety when others aren't happy with you. It won't last forever, and it will make you feel strong to not be held captive by your fears.
- ❖ Pause and leave the situation- If redirecting is not working, walk away from the situation and leave a gentle reminder that you can revisit when both are more settled and ready to talk about a solution
- ❖ Instead of showing only anger, show vulnerability- This might help you feel more heard, as well as feel like a whole person.
- ❖ Go for peace instead of a battle- Try to diffuse the situation, validate the others needs and feelings, remember your own imperfections

Oftentimes it's a good idea to not address a situation immediately. You might need time to process your thoughts and feelings. What's the best course of action to get not only my short-term needs met, but also achieve my long term goals? Don't ignore it, but it's also okay to let things go sometimes (from: Trauma and Somatics)