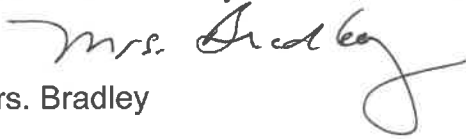


Hello First Graders and Multi-Age students,

I miss all of you when we cannot be together to learn at school as we are all home to stay healthy. I am sending home some drawing, writing and coloring pages about feelings for you this time. All this time at home away from your friends and teachers may bring up many feelings. This is to be expected. Choose the ones you like best and feel most comfortable working on. Maybe you would like to share what you have drawn with your family. Ask a grownup for help with anything you do not understand.

I am checking my email each day. If you or your family have questions or would like to contact me for support, I can be reached by email.

Remember to belly breathe, count, and use your positive self – talk.

A handwritten signature in black ink that reads "Mrs. Bradley". The signature is written in a cursive style with a large, looping "B" and a long, sweeping tail that extends to the right.

Mrs. Bradley

Coffin School Counselor

rbradley@brunswick.k12.me.us

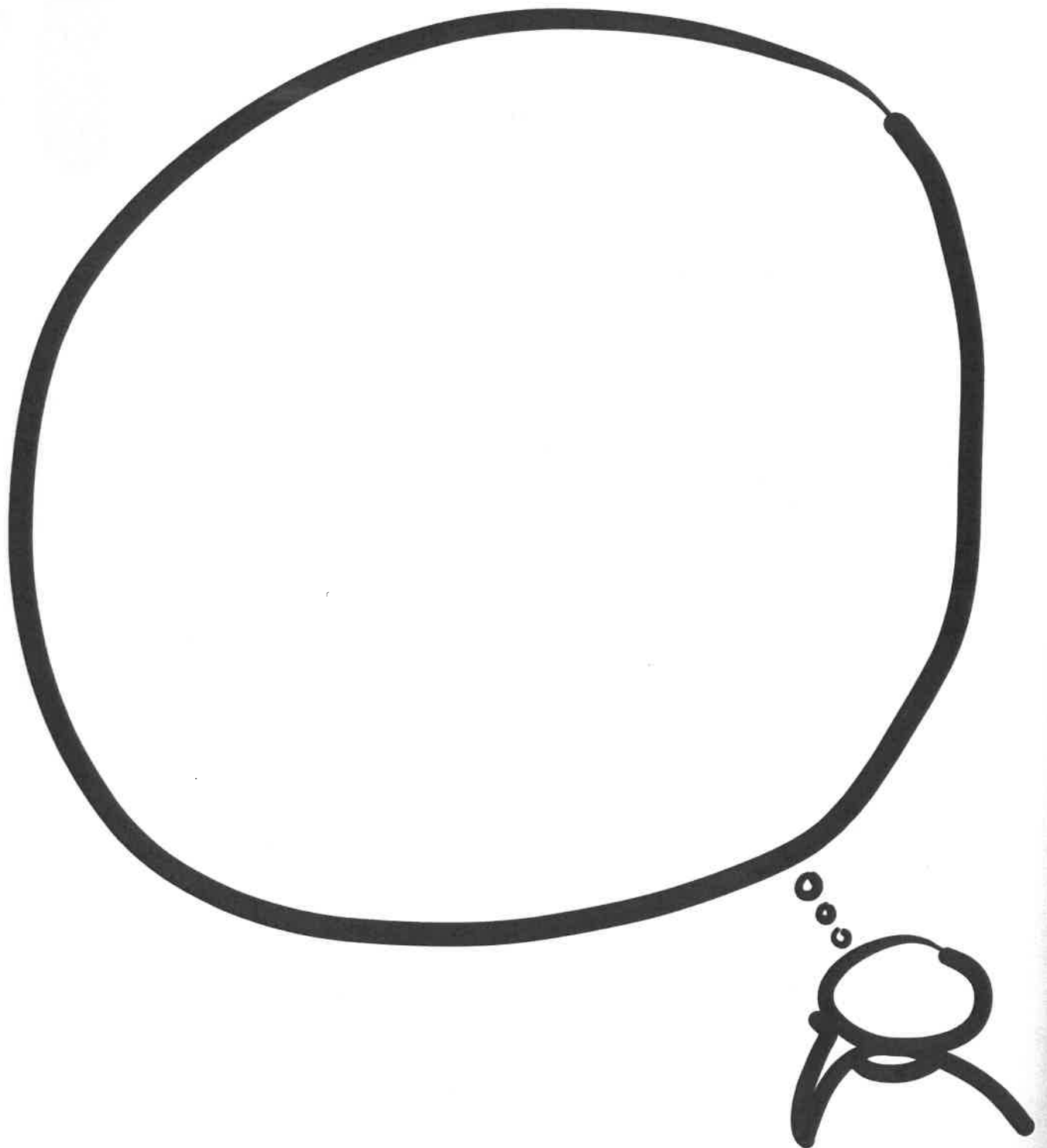
**This is something I want
grown-ups to know:**

“

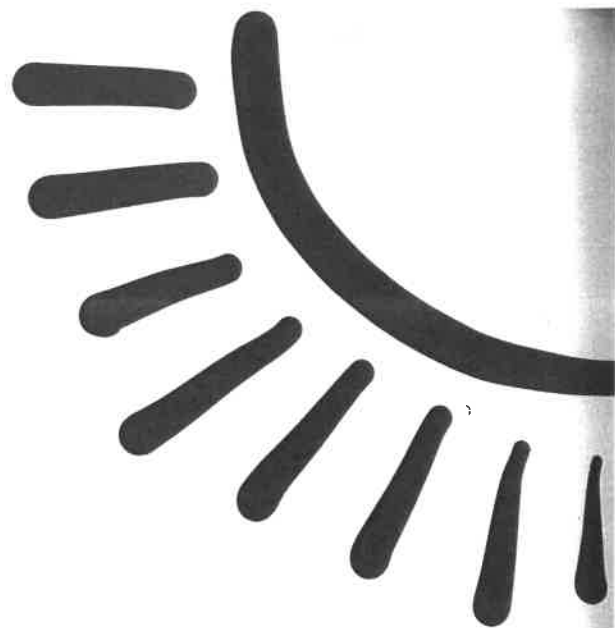
”

This is something or someone

I miss:



**Draw
yourself
feeling happy
& safe.**



Together people
caregivers to do
with kids and are
the illustration.
really as any of
the people, today

**Draw how you are
feeling right now.**

