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### **Dear 3rd Grade Parents,**

Today, we met with your children for the second time this year! Starting with this lesson, our lessons will all relate back to our lesson from last month with mental health and well being! This first lesson was about coping skills!

From some points of view, it can be very easy to think that Youth have a very stress free life. In many ways, this can be true. They don't have to deal with the stress that comes with a job, adult responsibilities, or, of course, parental responsibilities. Much of the Mentorship Program is preparing youth for their future. But on top of that, youth often have less capacity to deal with stress. Additionally, studies from the [APA](#), suggest that each younger generation appears to have more struggles with stress. Much of this has to do with not knowing how to manage your stress, which our lesson aims to teach. Finally, coping skills aren't limited to just stress management. It is also important with anger management. We teach coping skills from this angle as we've found that many youth with siblings can better relate with the idea of being frustrated and/or angry with a sibling than having excessive stress.

You can see the exact lesson we made and taught on the school or Youth services website, but after playing a short game to get a refresher on names, we talked in small groups about things that often make them angry or frustrated and how they tend to deal with it. We want students to feel open to conversations such as these, so we make sure to reinforce that these are personal topics and shouldn't be further discussed unless the person says it is okay, made fun of, or should leave our small group. We keep our small groups the same throughout the year and adjust as needed to allow students to get more comfortable over time. We then did a short activity introducing our vocab and talked about the broader topic of the lesson. We then walked through some scenarios putting what we learned to use and finally finished up with a review.

### **Continuing the Conversation:**

We love having the opportunity to meet with your children, but we are only with them for so long. Our lessons are much more impactful when the conversation is continued after we leave. Just talked about what they learned and thought of our lesson goes a long way. Beyond that, talk to your child about times in the home when you may notice them extra stressed or angry/frustrated. These are good times to put coping skills to use. Additionally, we handed it a packet with a lot of different coping strategies to try. It can be helpful to talk about these with your child and maybe add to it with more specific strategies that will help them best. Every child is different, while we think we provided some good basic ideas, each person should have their own strategies that can help them best.

### **Next Month:**

Next month we will actually take a quick break from our Mental Health related topic to talk about bus safety. Buses can often be a challenge point for students where lots of unsafe behaviors happen. Per the request of Mrs. Luckenbach, we take a brief break every year to discuss how we can keep ourselves, and those around us, safe on the journey to and from school!

Thank you for reading, and we will see you next month!

**Next Visit: February 12th, 2026**

### **Contact us**

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