

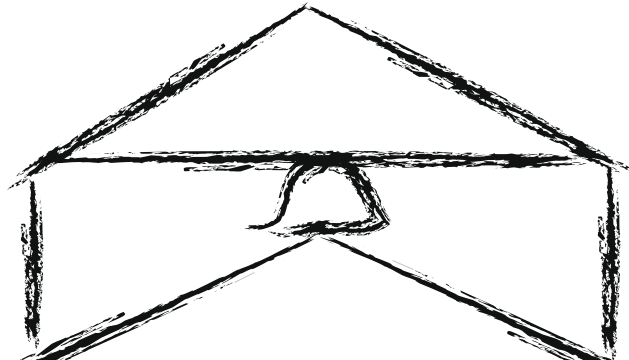
Dinosaur School

Letters to Parents

These are sample letters teachers can copy to send to parents telling them about what their children are learning in Dinosaur School. The letters also give parents suggestions for how they can enhance their child's learning at home. Year 1 letters are for teachers to use in the first year children are in Dinosaur School. Year 2 letters are sent if children are receiving Dinosaur School for a second year. Hopefully you can encourage parents to participate in some of your dinosaur group lessons. By purchasing the Incredible Years® Dinosaur Curriculum, you are granted permission to make copies of the documents in this manual for use when delivering this program.



**Apatosaurus Unit 1
Wally and Dina Teach
About School Rules**



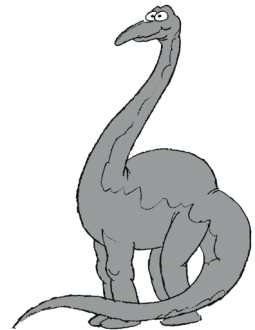
Dinosaur School

Dear Parents,

Hello! This is Dina Dinosaur and your child's teacher writing to tell you about an exciting addition to the classroom this year — Dina Dinosaur's Social and Emotional Skills and Problem Solving Curriculum. This curriculum promotes positive social interactions between students, teaches emotion regulation skills, and fosters good learning behaviors. These skills are taught in fun ways using DVD examples, puppets, special activities, books, and games. We will be using real life events from the classroom and playground to discuss and practice these new skills.

WHAT WE ARE LEARNING:

- Understanding school rules
- How to do one's best in school
- Understanding feelings in oneself and others
- Effective problem solving
- Anger management skills
- Being friendly and working as a team member at home and at school



YOU ARE INVITED! We love to have parent helpers at Dinosaur School. If you would like to come in to watch a class or even volunteer on a regular basis, please let us know.

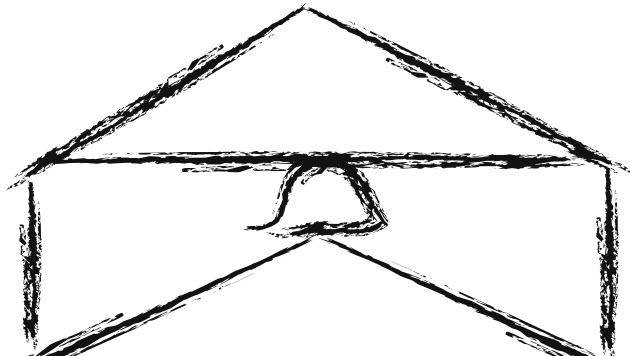
We will send you Dinosaur letters to let you know what we are talking about in class so that you can encourage the same skills at home. Also, your child will have home activities to practice things he or she learns in Dinosaur School. We encourage you to do the activities with your child and "sign off" when they are completed. Please let us know if you have any questions about the program. We are looking forward to getting to know you and your child this year!

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

**Apatosaurus Unit 1
Wally and Dina Teach
About School Rules**



Dinosaur School

Dear Parents,

Hello! Dina Dinosaur is coming to visit your child's classroom this week. If your child was at this school last year, you might remember that Dina Dinosaur and her friends came to class each week to help teach about making friends, solving problems, and doing well in school. If your child is new to the school this year, you may have already received some information on the Incredible Years Dinosaur School Program. If not, please feel free to talk to your child's teacher about the program!



Dina and her friends will be visiting the class 2-3 times a week throughout the year. This year we will be working with children on academic skills, such as tips for concentrating on school work. We will also be covering more advanced problem solving topics such as thinking about the consequences of solutions, making the school a "bully free" zone, and celebrating individual differences.



YOU ARE INVITED to help in the classroom during Dinosaur School. This is a great way for parents to see what the children are learning and is also a big help to the teachers! If you cannot make it to the classroom, don't worry. We will be sending home a letter with each unit that outlines what your child will be learning and some activities for you to do together at home. You are always welcome to call if you have questions. At our parent meetings we can also answer your questions and tell you more about Dinosaur School. We are excited to be working with you and your child again this year!

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____

Dinosaur School is at _____ on _____
Time Day(s) of the Week



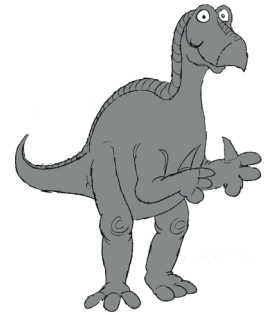
**Iguanodon Unit 2
Dina Teaches about Doing
Your Best at School**



Dinosaur School

Dear Parents,

In the first two units of Dina Dinosaur's curriculum, we are learning about succeeding in school.



WHAT WE ARE LEARNING:

1. Listening to the teacher and following the teacher's directions.
2. Working hard and ignoring distractions.
3. Raising a quiet hand to ask a question (and waiting patiently if the teacher is busy!).
4. Showing the teacher "five." This means to keep your eyes on the teacher, your ears open, your hands in your lap, your feet on the floor, and your mouth closed.

The children are practicing all these things with the puppets: Dina, Wally, Molly, and other puppet friends. We also watch DVDs of children listening, waiting for a turn, and paying attention to the teacher. We play games that help the children listen, follow directions, and wait for turns.



HOW PARENTS CAN HELP:

- Do the home activities at home with your child.
- Praise your child for listening to your requests and for following your directions.
- See if your child can "Show You Five."
- If you visit the classroom, praise your child and other students for paying attention, raising a quiet hand, and following directions.

Remember, we would love to have you visit Dinosaur School! Please call us with questions.

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____

Dinosaur School is at _____ on _____
Time Day(s) of the Week



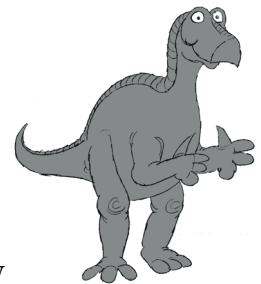
**Iguanodon Unit 2
Dina Teaches about Doing
Your Best at School**



Dinosaur School

Dear Parents,

Hello! Right now we are reviewing how to do well in school. We love to have parent helpers at Dinosaur School. If you would like to come in to watch a class or even volunteer on a regular basis, please talk to your child's teacher.



Right now we are working on the Iguanodon Unit of Dinosaur School. We will be talking about doing your best in school. Dina Dinosaur will teach the children how to **“Concentrate.”** She always uses these steps when she is doing school work: **“Stop, Look, Think, Check.”** These steps help her to plan before she starts working and then remind her to check her work when she is finished. The children will also be practicing ways to ignore distractions and stay focused.



YOU CAN HELP:

- Encourage your child to practice the steps “stop, look, think, check” on the Dinosaur Home Activities.
- Tell your child about times that you use your concentrating skills.
- Ask your child if there was a time at school when s/he was able to concentrate (or ignore) during a distraction.

Please call us if you have questions or comments about Dinosaur School.

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

Tips for Parents Doing Dinosaur Home Activities With Your Child

Sit, watch, and enjoy your child coloring and writing on the home activity sheets. Praise your child's efforts. Don't worry if your child's drawings or writings are just scribbles — this is the first sign of pre-writing and pre-reading skills!

Don't force your child to color or to give you the "right" answers to the questions.

Read the instructions to your child if your child is not reading words yet (which is completely normal for first graders).

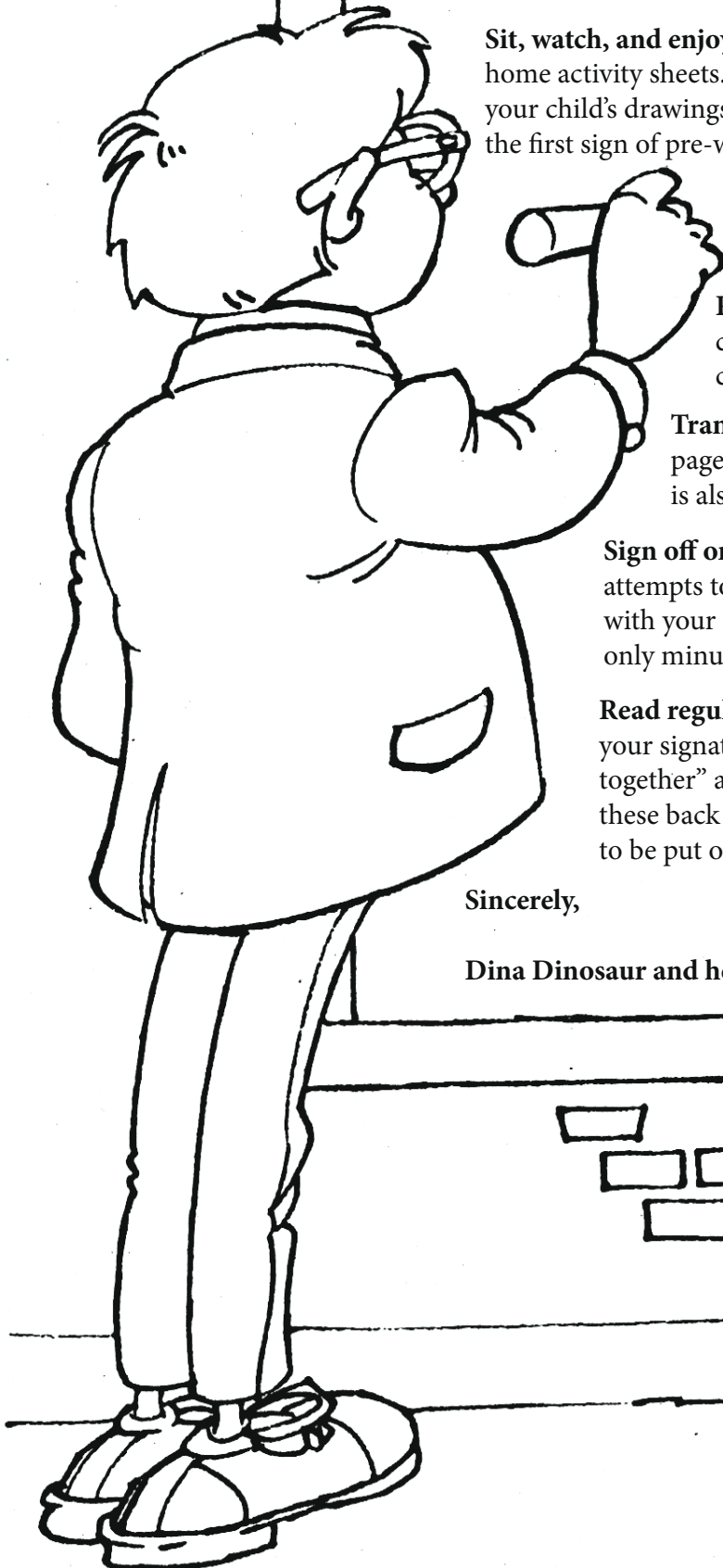
Transcribe your child's answers on the page if your child is not writing yet (which is also completely normal).

Sign off on any assignment your child attempts to do in some way. Make this time with your child a fun one — even if it lasts only minutes!

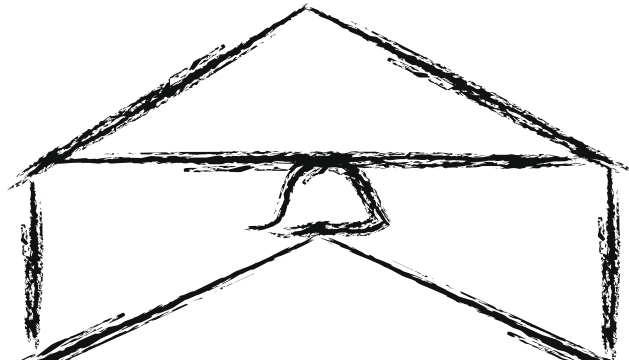
Read regularly with your child and record your signature on the dinosaur "reading together" activities we send home. Send these back when they have been completed to be put on the wall!

Sincerely,

Dina Dinosaur and her friends



Triceratops Unit 3
Wally Teaches About
Understanding and
Detecting Feelings



Dinosaur School

Dear Parents,

Hi! Right now in Dinosaur School we are talking about feelings. Helping children to express their own feelings and recognize feelings in other people is the beginning of emotion regulation and empathy for others!



WHAT WE ARE LEARNING:

1. Learning words for many different feelings: happy, sad, proud, frustrated, excited, scared, and loved. Can you and your child think of more feeling words?
2. We also look for clues to let us know how others are feeling by looking at people's faces, listening to their voices, or by looking at their body language.
3. We are talking about things that make people feel different ways. For example, Dina feels excited when she gets to come to Dinosaur School. Wally is sometimes scared of the dark. Molly is angry when her little sister knocks over her block towers.



HOW PARENTS CAN HELP:

- Do the Triceratops Home Activities with your child.
- Name your child's feelings when (s)he is happy, proud, excited, curious, or sad, angry, or fearful.
For example, *"I'm sorry you are feeling sad now; maybe you will feel better later."*
- When naming an uncomfortable feeling combine it with a positive coping behavior.
- Remind your child uncomfortable feelings will get better.

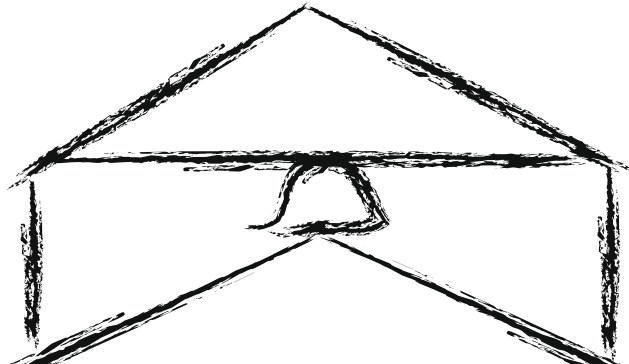
Feel free to ask your child's teachers more about what we are learning in Dinosaur School. We'll be happy to tell you more.

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

**Brachiosaurus Unit
Molly Explains How to
Talk With Friends**



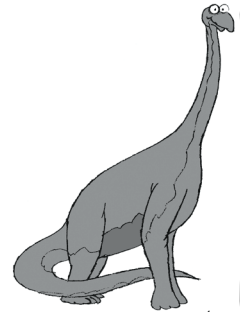
Dinosaur School

Dear Parents,

In Dinosaur School this month we will work on the Brachiosaurus Unit, which focuses on how to talk to friends.

WHAT WE ARE LEARNING:

1. Asking about other people's interests and listening to their answers.
2. Telling special things about your own interests and family.
3. Making polite suggestions and accepting "no" if someone does not want to use your suggestion.
4. Saying "no" to wrong-doing and bullying.
5. Helping other children who are being bullied.
6. Making the classroom a safe place to talk about problems and get help solving them.



In Dinosaur School we will help the children to practice all these skills. One of the puppets will come to class with an issue or a problem, and the children will help to think of ways to handle the situation. Then the children will act out their solutions with the puppets. We will do small group activities to help practice new skills during each lesson. We are also working with the playground staff to help children problem solve during recess.



YOU CAN HELP:

- Do the Brachiosaurus Home Activities.
- Praise your child for being friendly with family members or friends.
- For example: saying nice things, asking questions about other people, making suggestions, and saying "no" to wrong-doing.

Please call us if you have questions or comments about Dinosaur School. Thank you for working with us!

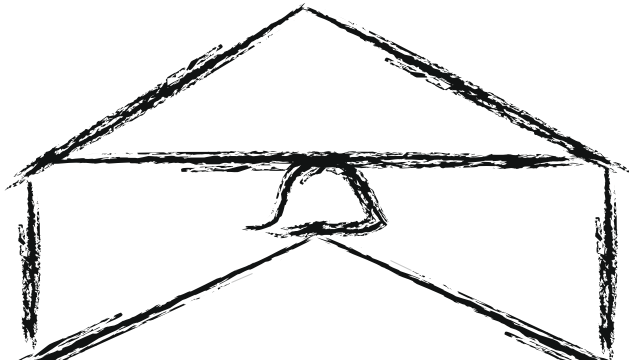
Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____

PS. Don't forget to send in your Brachiosaurus "Reading Together" form this month!

Dinosaur School is at _____ on _____
Time Day(s) of the Week



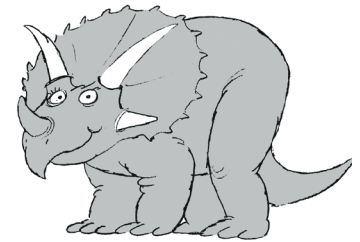
Triceratops Unit 3
Wally Teaches About
Understanding and
Detecting Feelings
(Continued)



Dinosaur School

Dear Parents,

We are still working on understanding feelings. This is a big job since there are so many different ways that people can feel!



WHAT WE ARE LEARNING:

1. Learning the names of lots of different feelings. We are practicing thinking of times when we have felt different ways.
2. We are also talking about how to change sad or uncomfortable feelings to happier ones. Everyone will pick a “happy” thought to think of when he or she is sad.
3. We are playing games to teach relaxation skills, such as taking deep breaths and visualizing a happy place or time.



HOW PARENTS CAN HELP:

- Continue the Triceratops Home Activities.
- Talk about feelings as they naturally occur at meal times, on TV, or in reaction to a sibling.
- Help your child think about another person’s feelings and situation (empathy building).



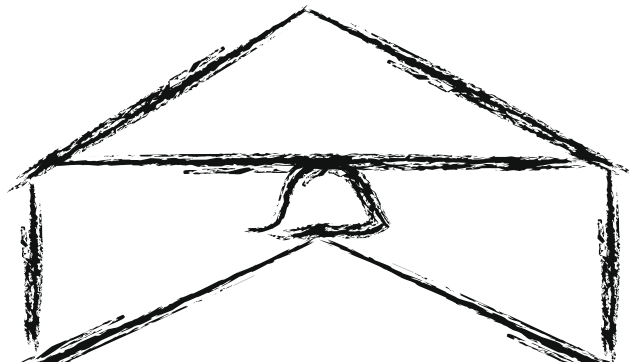
Reminder: Be sure to model talking about more positive than negative feelings with your child. It is important not to blame your child for your negative feelings. Instead of saying, “*You made me feel sad because you didn’t listen to me,*” own your personal feelings by saying “*I feel sad because you’re not going to be on time for school.*” Another exercise is to ask your child what makes him/her happy (or any other feeling) and share what makes you feel that way as well. Ask your child to draw a picture to show how (s)he felt about something that happened. Please call with questions.

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

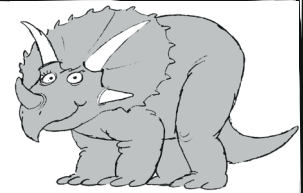
**Triceratops Unit 3
Wally Teaches About
Understanding and
Detecting Feelings
(Continued)**



Dinosaur School

Dear Parents,

In Dinosaur School this month we will work on the Triceratops Unit, which focuses on feelings. Last year when we first talked about feelings we spent time helping children to name many different feelings in themselves and others. Now we will talk about more advanced concepts such as how to change negative feelings to good feelings.



WHAT WE ARE LEARNING:

1. Feeling proud about the things that make your family special. We will talk about diversity, and the interesting things children can learn from people who are different from them.
2. Strategies for changing negative feelings to positive feelings. Some ideas that Dina teaches are: “to compliment yourself,” “think good thoughts,” and “do something fun.”
3. We are talking about qualities that each child is proud of in him/herself. Each child has different strengths. One child may be good at math and another child may be good at sports. Children with different skills can team up to help each other!
4. We are reviewing anger management strategies: “stop,” “go into your turtle shell like Tiny Turtle,” “take 3 deep breaths,” “think ‘I can do this. I can calm down,’” and “try again.”



YOU CAN HELP:

- Continue the Triceratops Home Activities.
- Praise your child for using feeling words and for coping positively with uncomfortable feelings.
- Share your own positive feelings and thoughts with your child.
- Focus on more of your child’s positive feelings than negative feelings.

Please call us if you have questions or comments about Dinosaur School. Feel free to come visit the classroom and see what Dinosaur School is all about or come to help!

Sincerely,

Dina Dinosaur and her friends

Phone: _____

E-mail: _____

PS. Don’t forget to send in your Triceratops “Reading Together” form this month!



Dinosaur School is at _____ on _____
Time Day(s) of the Week

Dinosaur School

Dear Parents,

Hello and thank you for all the time you have spent working with your child on the Dinosaur Home Activities. The children are really proud of what they have done, and we love seeing what you have worked on with them.

Sometimes it may be difficult for your child to answer the questions on the home activities. That's okay. Some of the questions are hard! You can help with the answers. The important thing is to spend the time talking together and having fun.

If you have questions about a particular home activity, you can write us a note, and we'll answer you. Many of the home activity questions have a lot of good answers, so you and your child can make up an answer even if it's not something we have talked about in class.

We look at each paper that your child brings back and celebrate his or her hard work!

Thanks again for all your hard work! We can really see the progress the children are making! We hope you can too!

Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

Thank You Letter

**Stegosaurus Unit 4
Wally Teaches How to
Problem Solve**



Dinosaur School

Dear Parents,

Hello! This month in Dinosaur School we are learning to be Problem Solving Detectives! Our goal is to teach children a variety of positive solutions such as sharing, taking turns, and asking for help.

WHAT WE ARE LEARNING:

1. All feelings are okay, even mad and angry feelings. The important thing is what people do about the mad and angry feelings. It's okay to say that you are mad, but it is not okay to hit someone when you are mad.
2. We help children learn how to know when they have a problem. Usually if a child has uncomfortable feelings, there is a problem.
3. We talk about the first problem solving steps: Step #1. What is my problem? Step #2. What are some solutions? and Step #3. What are some other solutions?
4. Some of the solutions we will be practicing are: Ignoring, Sharing, Waiting for a turn, Asking nicely, Saying "Please don't," and Getting an adult to help.
5. At this stage, we focus on helping children think of many solutions to pretend problems. Before children can problem solve in "real life" they need lots of practice learning and using the solutions!



HOW PARENTS CAN HELP:

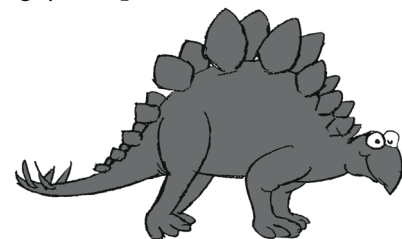
- Do the Stegosaurus Home Activities.
- Help your child recognize problem feelings (frustrated, sad, angry, or anxious).
- Help your child talk about the problem.
- Encourage your child to think of as many solutions as possible.
- Remember the "process" of thinking of solutions is more important than coming up with the "correct" solution.
- Don't try to problem solve when your child is very angry or upset. Wait until (s)he is calm enough to talk about solutions.

Sincerely,

Dina Dinosaur and her friends

Phone: _____

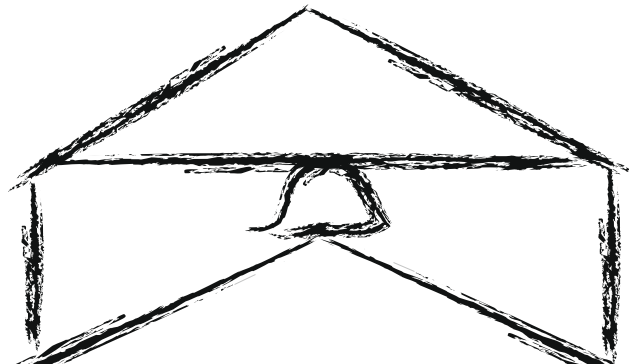
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Dinosaur School is at _____ on _____
Time Day(s) of the Week



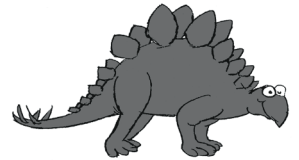
**Stegosaurus Unit 4
Wally Teaches How to
Problem Solve**



Dinosaur School

Dear Parents,

In Dinosaur School this month we will work on the Stegosaurus Unit which focuses on problem solving. Last year we focused on learning friendly solutions to problems. We practiced saying “please,” sharing, ignoring, waiting, walking away, getting help from an adult, and saying “please stop.” Now we will keep practicing these solutions, learn more advanced solutions, apply the solutions to real-life classroom issues, and talk about consequences.



WHAT WE ARE LEARNING:

1. The problem solving steps: What is my problem? What are some solutions? What are the consequences to my solutions? What is the best solution? How did I do?
2. Evaluating consequences by asking if a solution is fair, safe, and leads to good feelings.
3. We have set up a problem solving station in the classroom where children can write Detective Problem Reports when they have problems. The reports ask what the problem is and how the children tried to solve the problem. Dina will read the reports and suggest other solutions. Sometimes the whole class will help to think of solutions to the problems.
4. Children can join the Detective Club when they fill out Detective Problem Reports.
5. Small groups of children will write a problem-solving play, practice it, and act it out for the class.

YOU CAN HELP:



- Do the Stegosaurus Home Activities.
- Praise your child by staying calm and talking about the problem-solving steps.
- Help your child think of as many solutions as possible and praise their efforts.
- Encourage your child to pick a solution that is fair, safe, and leads to good feelings.

Please call use if you have questions or comments about Dinosaur School. Feel free to come visit the classroom and see what Dinosaur School is all about!

Sincerely,

Dina Dinosaur and her friends

Phone: _____

E-mail: _____

PS. Don't forget to send in your Stegosaurus reading forms this month!

Dinosaur School is at _____ on _____
Time Day(s) of the Week



Stegosaurus Unit 4
Wally Teaches How to
Problem Solve
(Continued)



Dinosaur School

Dear Parents,

Problem Solving is a complicated process. We are still working on learning and practicing new solutions. Dina or Wally or one of the other puppets often come to school to talk about a problem they had. The children help the puppet think of solutions to the problem. We also practice the solutions many times using problem solving games!

WHAT WE ARE LEARNING:

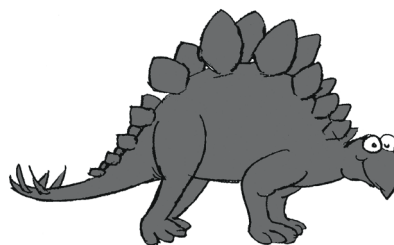
1. Children are learning to use the Wally Detective Kit. This is a briefcase with pictures of all the solutions that we talk about. When children have a problem, they can look in the detective kit to see if there are good solutions to their problem.
2. Children are starting to think about **consequences** of solutions. Consequences are what might happen next if a particular solution is chosen. Some consequences are good: if kids share a toy, they both feel happy. Some consequences are bad: if a child hits, then the other person gets hurt and the child might get in trouble.
3. We continue to practice thinking of different solutions to problem situations. When children think of or learn a new solution, we add that solution to the Detective Kit.



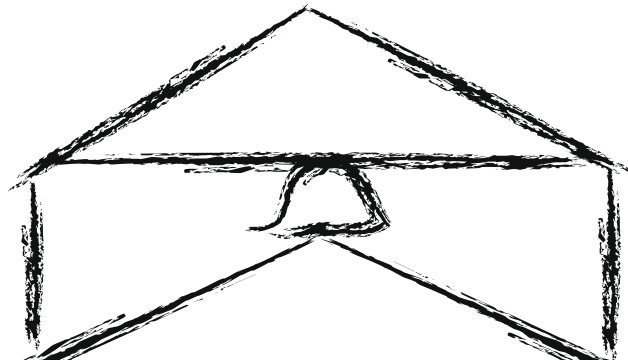
HOW PARENTS CAN HELP:

- Continue the Stegosaurus Home Activities.
- Prompt your child to recognize problem feelings.
- Encourage your child to talk about the problem and think of solutions.
- Support him or her in trying a solution that is fair and safe.
- Praise your child when you notice (s)he is a good problem solver.

(continued on back)



Stegosaurus Unit 4
Wally Teaches How to
Problem Solve
(Continued)



Dinosaur School

Sample Problem:

“It’s mine! It’s mine!”

Parent: What’s the problem? What happened?

Child: He took my bike and it’s mine!

Parent: You’re feeling pretty angry about him taking the bike, aren’t you?
(Acknowledge the feeling)

Child: Yeah. I’m going to get him and push him down.

Parent: Well, that’s one solution to the problem. What do you think would happen if you did that? *(Encourage thinking of consequences.)*

Child: I might get in trouble. And he’d be mad.

Parent: Yes, so you both would end up feeling mad and maybe even hurt. Can you think of a different solution to the problem?

Please call us if you have any questions about Dinosaur School.

Sincerely,
Dina and her friends

Phone: _____

E-mail: _____

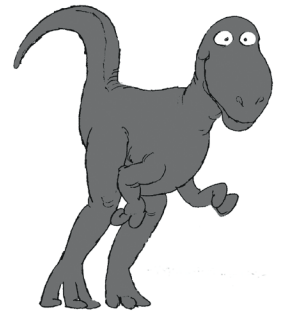


5 What is the best solution?

Dinosaur School is at _____ on _____
Time Day(s) of the Week



**Stegosaurus Unit 4
Wally Teaches How to
Problem Solve
(Continued)**



Dinosaur School

Dear Parents,

In Dinosaur School this month we will work on the Tyrannosaurus Unit, which focuses on anger management. Last year we learned Tiny Turtle's secret for managing anger: STOP, go into your shell, take a deep breath, tell yourself "I can do it. I can calm down," and then try again!

WHAT WE ARE LEARNING:

1. We are reviewing anger management strategies. This year the children are focusing on changing their angry thoughts to more positive thoughts. "I'm strong." "I can ignore her teasing." "This math is hard, but I can stay calm and learn how to do it."
2. We are talking about how children feel angry and sad when they are teased or left out. Children think of ways they could feel better when they are teased and also ways they can help other children who are being teased.
3. We are talking about classroom and playground rules to include all children: "No one can be left out when doing a group activity."
4. We are learning about how to handle another person's anger. What are some strategies to use if friends, parents, or teachers are mad at you? Children learn to apologize, stay calm, or try to fix their mistake.



YOU CAN HELP:

- Continue Stegosaurus Home Activities.
- Continue to problem solve at home with your child.
- Stay calm when your child is angry.
- Praise your child for coping well in a frustrating or a conflict situation.

Please call us if you have any questions or comments about Dinosaur School. Feel free to come visit the classroom and see what Dinosaur School is all about or come to help!

Sincerely,

Dina Dinosaur and her friends

Phone: _____

E-mail: _____

PS. Don't forget to send in your Tyrannosaurus reading form this month!

Dinosaur School is at _____ on _____
Time *Day(s) of the Week*

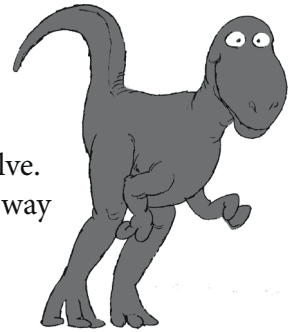


**Tyrannosaurus Rex Unit 5
Tiny Turtle Teaches Anger
Management**

Dinosaur School

Dear Parents,

In Dinosaur School, we are talking about anger management. Sometimes children (and adults too) are too mad to be good problem solvers. When that happens, it is important to learn how to calm down before trying to problem solve. The children will meet a new puppet named Tiny Turtle, who will teach them a way to calm down!



WHAT WE ARE LEARNING:

1. When Tiny Turtle is angry he uses these steps to calm down: Stop! Take a deep breath. Go into his turtle shell. He thinks to himself "I can do it, I can calm down." When he is calm, he comes out of his shell and tries again!
2. Children talk about how their body feels when they are angry (red face, hot feeling, tight muscles, rapid heart). These feelings are a clue that it is time to use Tiny's Secret.
3. We are practicing using Tiny's secret many times. First with a big cardboard turtle shell, then finally with imaginary, invisible turtle shells that no one else can see.
4. We are watching DVDs of children who are angry and see how they handle their anger. We talk about angry feelings and explore which responses are okay and which are not okay (okay to talk about being angry, but not okay to hit).



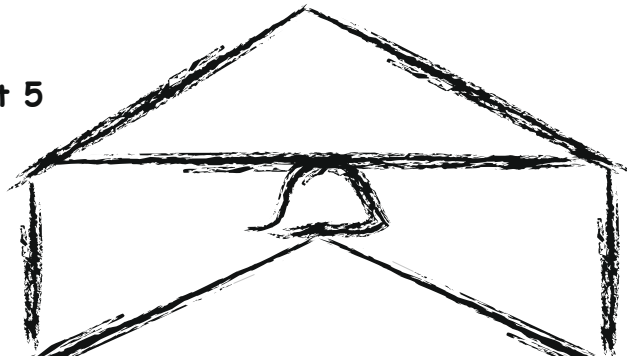
HOW YOU CAN HELP:

- Do the Tyrannosaurus Rex Home Activities.
- When you see your child starting to get angry, encourage him or her to use Tiny's Calm Down steps.
- Model using this "turtle technique" yourself for your children when you are frustrated.
- Find out your child's happy place and share your own.

(continued on back)



**Tyrannosaurus Rex Unit 5
Tiny Turtle Teaches
Anger Management
(Continued)**



Dinosaur School

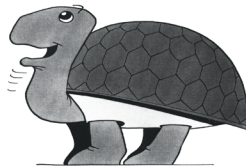


REMINDER: If your child seems too angry to use the Turtle technique, (s)he may need some time alone or a Time Out before (s)he is able to listen to your prompts. Later when everyone is calm, you and your child can talk about the situation and practice Tiny's secret for next time. Remember, maintaining self control is difficult for most adults, but it is even more difficult for children!

EXAMPLE:

Situation: Sally has been playing with her friend and having a lot of fun. Mother says it's time to go.
Mother: I know you are having a lot of fun with Amy, but in five minutes we have to go.
Sally: No fair.
[Amy and Sally resume playing for five minutes.]
Mother: Okay, Sally, get your coat - it's time to go.
Sally: *[angry]* I don't want to go. Please? I'm staying. Amy says I can.
Mother: You're getting angry. I think this is a good time to think about Tiny Turtle. What should you do?

If your child calms down and takes big breaths, praise his/her efforts at self-control.



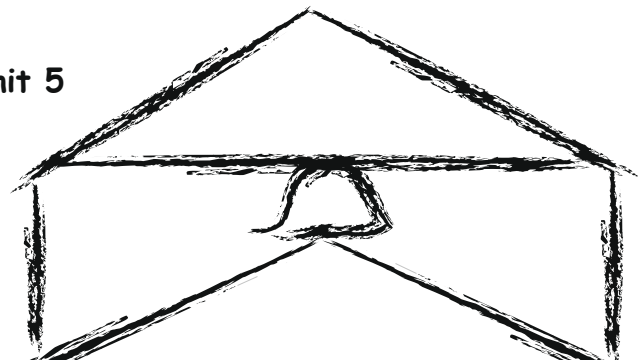
Remember, first your child needs to learn how to get calmed down and only then can (s)he think about what to do about the problem. Please call us with questions.

Sincerely,
Dina and her friends
Phone: _____
E-mail: _____

Dinosaur School is at _____ on _____
Time Day(s) of the Week



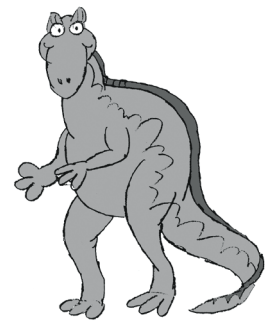
**Tyrannosaurus Rex Unit 5
Tiny Turtle Teaches
Anger Management**



Dinosaur School

Dear Parents,

In Dinosaur School this month we will work on the Allosaurus Unit, which focuses on making and keeping good friends.



WHAT WE ARE LEARNING:

1. Children are learning about ways that they can help their parents, teachers, and friends.
2. Children are practicing positive play skills such as sharing, asking, waiting for a turn, making suggestions, listening, trading, and saying “please.”
3. Children learn what to do when they want to join a game that other children are already playing: Watch, Wait, Compliment, Ask if they can play, Accept the other children’s answer.
4. We are talking about teamwork at school: Working together with each other to accomplish a goal.
5. We are talking about the idea that a family is a team. Every child is part of a family team. Children think about how they can help their family teams.



YOU CAN HELP:

- Notice and describe all the friendly things that your child does with you or with friends and siblings (e.g. sharing, waiting, and saying “please”).
- Help your child think of ways to help at home. Tell him or her how much you appreciate their help on your family team.

In a few weeks, we will let you know when the Dinosaur School Graduation will be. We hope you can join us to celebrate all that your child learned this year! Thank you so much for your participation. Please call us if you have questions or comments about Dinosaur School.

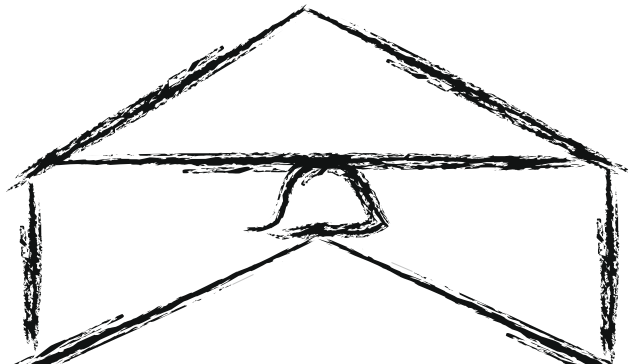
Sincerely,
Dina Dinosaur and her friends
Phone: _____
E-mail: _____

PS. Don't forget to send in your Allosaurus reading form this month!

Dinosaur School is at _____ on _____
Time Day(s) of the Week



**Allosaurus Unit 6
Molly Teaches How
to be Friendly
"Helping," "Sharing,"
and "Teamwork"**



Dinosaur School

Dear Parents,

Hello! We are talking about how to make good friends in Dinosaur School this month.

WHAT WE ARE LEARNING:

1. What it means to be a good friend.
2. How to help others.
3. How to share and be a good team player.
4. How to say "no" to wrong-doing and bullying.
5. How to help others who are bullied.

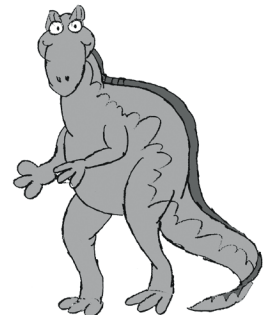
In Dinosaur School we help the children to practice all these skills. One of the puppets comes to class with an issue or problem and the children help to think of ways to handle the situation. Then, the children act out their solutions with the puppets. We do small group activities to help practice new skills during each lesson. We are also working with playground staff to help children problem solve during recess.



HOW PARENTS CAN HELP:

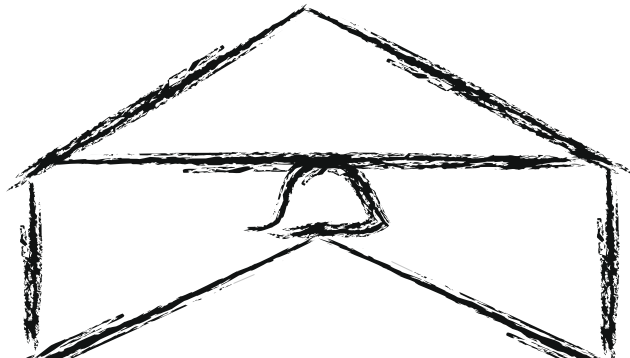
- Do the Allosaurus Home Activities.
- Look for times when your child is friendly with family members or peers.
- Give attention to and praise these friendly behaviors.
- Encourage your child to be forgiving and understanding of another's point of view.

Sincerely,
Dina and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

**Brachiosaurus, Unit 7
Molly Explains How to
Talk With Friends**



Dinosaur School

Dear Parents,

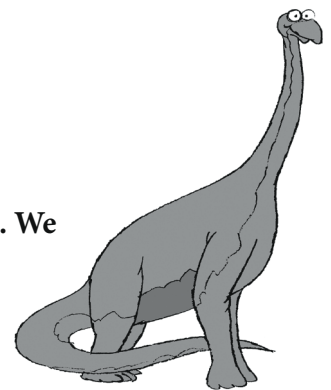
Hi! Many children have difficulty knowing what to say to get a conversation going and do not know how to give positive feedback. Training in conversational skills has been found to enhance a child's ability to make friends and get along with others. In this unit, we teach effective communication skills, such as how to speak up, make suggestions, ask questions, and listen well. We play the "Twenty Questions Game: Guess What?" to practice these conversational skills.



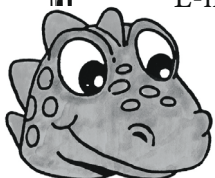
HOW PARENTS CAN HELP:

- Do the Brachiosaurus Home Activities.
- Give your child attention (with praise and/or stickers) and coach him/her when you see him/her doing any of the following behaviors with another person:
 - listening or waiting to talk
 - taking turns talking
 - asking questions of a friend
 - telling or suggesting an idea to a friend
 - saying something positive to someone
 - introducing him/herself to someone
 - sharing something about him/herself with someone
 - inviting another child to join in play
 - saying thank you
 - talking about a problem or a difficult feeling
 - saying no to bullying and/or wrong-doing

Thank you, parents, for participating with us in the Dinosaur curriculum. We feel parent participation and encouragement at home has made all the difference!



Sincerely,
Dina and her friends
Phone: _____
E-mail: _____



Dinosaur School is at _____ on _____
Time Day(s) of the Week

