



DEER VALLEY
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DVUSD Parents and Guardians,

Every week, your student is learning and practicing social and emotional skills with their teachers. Each month has a different topic of focus. For the month of February, your student is focusing on developing the important skills of managing their big emotions and self-regulation.

Self-regulation is being able to manage big feelings so they do not affect relationships or day-to-day life negatively. Examples of big emotions are anger, rejection, hurt, sadness, fear, or jealousy.

Here are some ways you can help your student manage their big emotions:

- Talk about feelings and why they might be feeling the big emotion
- Ask for help to solve the problem
- Breathing exercises: deep breaths calm us down
- Mindfulness practice: Count to 10 slowly and back down to 1
- Be creative: dance, paint, color, sing, draw, journal
- Talk to someone they trust: parent, coach, teacher, grandparent
- Contact a Counselor

Resources to help your family manage big emotions:

- [Coping Strategies](#)
- [Arizona Youth & Family Services](#)
- [Keep Calm & Structure On](#)

Has your family experienced big emotions during these stressful times? If your child could benefit from more strategies, please reach out to your child's teacher to discuss this and find out how you can build a partnership together to support them with their social and emotional well-being. Additionally, we have compiled several resources for our DVUSD families [here](#).

Thank you for sharing your children with DVUSD!

The DVUSD SEL Team