

Principal's Message

Congratulations!

I am very excited about this newsletter, because I get to congratulate the many AMS students who made the Principal's Honor Roll and Honor Roll. It is with pleasure that I congratulate the 193 Principal's Honor Roll honorees and the 351 Honor Roll honorees! It is obvious that Alvarado Middle School is about learning and high achievement. **Students had to be on Principal's Honor Roll 1st and 2nd quarter with a G.P.A. of 3.7 or higher.**



Yvonne Hull, Principal

6th Grade

Aldrin Agana	Res Geluz	Michael Nebriaga
Lehcarg Agbisit	Timneat Ghebray	Jasmine Nguyen
Christina Arboleda	Sukhpreet Gill	Michelle Nguyen
Junelle Austria	Hao Guan	Vincent Nguyen
Natalie Babb	Hugh Huynh	Scott Nicholson
Christine Bagaoisan	Franklin Kha	Gretchen Palomares
Nestor Barajas	Monica Kongpachith	Karla Penilla
Johanna Blackwell	Amrit Kullar	Johnny-Lynn Pernia
Craig Boyer	Carolyn Kwa	Frederick Price III
Bharavi Brahmbhatt	Vivian Law	Laurie Resnick
Mehak Brar	Anthony Le	Kyle Riener
Victoria Bruns	Josephine Le	Suparna Roy
Melanie Chong	Kristine Le	Caitlin Sacramento
Cheryl Chung	Vivian Le	Said Safi
Joshua Concepcion	Allen Li	Jay Sheth
Kalene Correia	Curtis Li	Alex Shi
Brandon Crisostomo	Mikaela Lising	Lawrence Silva
Annabelle Cruz	Moo Loklo	Annie Singh
Azsane-Maree Cuthbert	Albert Lu	

6th Grade continued

Camille De Leon Alyssa Descalzo Harinder Dhandwar Sebastian Dizon Can Doan Nyza Dollaga Aren Elgincolin Ahmad Farzan Hailey Galbreath	David Ly Sin Ma Lauren Macatiag Gagandeep Malhi Furqan Mohammad Nayha Nadeemullah Nandini Narayan Sameem Nawid	Dilraj Sohal Rachel Southard Alison Thach Cynthia Tsui Mele Tulua Stephanie Wang Johnny Wong Rommoney Wu Ethan Young
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7th Grade

Amber Abutin Marianne Alva Bhargav Brahmhatt Justin Carpio Jenna Castillo Justin Chan Paul Chen Roslyn Chen Lucy Anne Cunanan Crystal Deng Steven Dinh Tuong Doan Rosalie Evans Fahd Farooq Leandra Galloway Olivia Guitron	Stephanie Ho Whitney Kuang Vanessa Lam Dana Llarena Samantha Madayag Katrina Manaloto Emerald Mann Karnjit Mann Christian Montero Sarvesh Narayanan Minh Ngo Ken-Duy Nguyen Lily Nguyen Trang Nguyen Kevin Notohamiprodjo	Amy Pandya Jeffrey Pang Justin Panganiban Alyssa-Jean Pimentel Payal Pratap Kara Racho Paulina Ramos Hidee Reyes Maria Shockley Audrey Simpson Harvind Singh Tarminder Singh Jeannine So Christine Tsai Cecilia Wu Eric Yang
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8th Grade

Randy Agbanusi	Efren Gonzalez III	Mariana Orozco
Diane Agnew	Julianne Hampton	Vanessa Patajo
Noel Agtane	Suong Ho	Vinh Pham
Von Aguirre	Ha Hoang	Cynthia Pinto
Faisal Ali	Hao Hoang	Janelle Prothro
John Alza	Rang Hoang	Melanie Pruneda-
Francisco Amutan	Tiffany Hoang	Rodriguez
Victor Andrade	Alton Holston III	Noel Quintilla
Frank Andrews	Arnold Huynh	Janessa Ramos
Jesselle Aniang	Baneet Jhaji	Noor Randhawa
Christopher Arboleda	Gurpartap Johar	Alicia Rasay
Tahmina Asir	Chad Jones	Diana Rivera
Aldred Atienza	Humaira Kakaizada	Nia Rivera
Ishpal Bains	Shiv Kapoor	Jenifer Rodriguez
Nakul Bhatnagar	Alexander Karan	Victoria Sacramento
Leah Anne Blanco	Narges Karimi	Harneek Sandhar
Michaela Booker	Alex Kha	Ravdeep Sandhar
Mohvir Brar	Tahrim Khan	Eric Santos Jr.
Elena Breglia	Zaki Khorasane	Jea Sevilla
Denise Britain	Crisetta Kwek	Yasmine Shah
Herold Cabanban	Jennifer La	Gaurav Sharma
Janessa Canilao	Keisha Labanon	Weida Siddiqi
Dawn Marie Carlos	Marcus Lacy	Andrew Silva
Sean Chen	Michelle La Fleur	Iqbal Singh
Terry Chhour	Terry Leung	Tristan Stevenin
Nadin Choufi	Alpha Jane Lirio	Emalyn Sunga
Beatrice Conejero	Angela Luo	Paolo Tacuyan
Raymon Confiado	Kenny Luong	Nicaclaire Tanafranca
Christina Cox	Tammy Luu	Megan Thomson
Janelle Cruz	Annee Mai	Brandon Tran
Lucy Dai	Ghesal Maiwand	Phuong Tran
Vivian Dang	Jeannel Marinas	Trang Tran
Michael De Guzman	Manjot Mashiana	Venice Velasco
Ana De Leon	Aniq Masood	Maurice Velazco
Rana Delos Reyes	Chad McCane	Robert Vitug
Shahil Deo	Jacob Morris	Melissa Watts
Carmela-Rae Dequina	Mursal Nasiri	Heather Wirtz
Francesca Dizon	Andrew Nguyen	Andy Wong
Aldrin Elgincolin	Jonathan Nguyen	Michelle Wu
Katherine Epps	Jonathan Truc Nguyen	Suzanne Wu
Hans Miguel Esguerra	Kenny Nguyen	Mussie Yehaise
Dhyan Gandhi	Vivian Nguyen	Forbes Zamora
Razy Garcia	Sarah Okialda	Sandy Zhu

In addition to the Principal's Honor Roll, another 351 have maintained above average **G.P.A.'s of 3.0 or above for both 1st and 2nd quarter**. Imagine that. One third of the students at Alvarado Middle School are 3.0 or above. That is what Cougar Pride is all about.

6th Grade

Juan Aguirre	Roland Grealis	Dejanae Pickett
Jacquelyn Aiello	Laillah Haight	La Gabriel Punzal
D'Andre Alejandro	Aundrea Hamby	Ryan Quilala
Ashley Anderson	Kento Hayworth	Jessica Raj
Kyle Armonio	Kevin Ho	Courtney Reyes
Joanna Asuncion	Ly Ho	Rajdeep Riar
Amitoj Banwait	Vicky Hoang	Ramon Robinson
Jessica Bauer	Taralyn Hom	Ulises Rodriguez
Darlene Behr	Bo-Shiaw Hsu	Anar Salayev
Stacie Bermudez	Swan Htet	Navdip Samra
Serena Bhatia	Michael Huang	Ahmad Sharif
Charlie Boado	Candance Jackson	Harcharan Shelopal
Vanya Breaux	Larry Jones	Joshua Sicangco
Daniel Bregante	Harpreet Kaur	Toba Siddiqi
Samuel Breglia	Kirandeep Kaur	Andre Simmons
Ciarra Brewer	Anthony Le	Tarundeep Singh
Alvin Bungay	Leilani Lerma	Yessenia Smullen
Jelani Cannon	Janet Leung	John Soriano
Jason Carbonel	Trae Liburd	Daniel Swenski
Alyssa Castanares	James Llantada	Diana Szabo
Chiu Chan	Austin Lui	Tiffany Tan
Sharon Chen	Karla Malesido	Davis Tat
Andrea Cho	Manisha Maman	Haley Teter
Schyster Corrales	Camille Masana	Aung That
Adam Dahdouh	Jenessa Mendoza-Chavez	Andie Tran
Ashraf Dahud	Deepak Mishra	Lyna Tran
Lauren Damian	Aziz Moosayar	Ershey Uppal
Via Del De Jesus	Alexander Nazarita	Enyelber Vazquez
Michelle Delacruz	Ashwin Netto	Victor Villalobos
Gurpreet Dhanota	Ignatius Nguyen	Kevin Vo
Joshua Donnahoo	Ly Nguyen	Kristi Wang
Paul John Duya	Taylor Nichols	Angel Wilson
Cassandra Escalona	Aaron Nuezca	Jennifer Wilson
Priscilla Espinoza	Chrizz Ocampo	Anthony Wong
Mohammad Fakhri	Neil Omaque	Monica Wong
Wajiha Farooq	Kimberly Payne	Brandon Yau
Antonette Fontanilla	Desiry Pena-Buan	Sean Young
Raul Garcia	Benjamin Phung	Jun Zafra
Gurman Gill		

7th Grade

Abraham Abdul	Masato Hayworth	Ivy Melrose Pastor
Karrisa Alcera	Reena Heer	Joyce Penalosa
Crystal Alea	Richard Hernal	Ian Phillips
Julie Apoderado	Huong Ho	Ramsey Pierson
Munira Asghari	Nancy Huynh	Madonna Pornobi
Niraj Asthana	Gina Jewell	Ranjana Prasad
Angela Bailey-Murray	Gregory Jiang	Lucki Qin
Jaspal Bains	Shanel Jones	Peter Ragland
Vipandeep Bajwa	Saralyn Jose	Karen Raj
Penuel Josh Barrina	Kushant Kumar	Brian Ramos
Dylan Bastian	Victoria Laurin	Sara Reiserer
Andro Bautista	Cheryl Leung	Audree Rivera
Brandi Blossom	Mary-April Leyson	Trisha Rivera
John Boos	Alexandra Loeffler	Patricia Rodriguez
Ann Krisha Buenaobra	Nea Long	Mehreen Safdar
Neeshia Cabanban	Ha-My Lu	Sonia Samra
Cherese Cabardo	Terilyn Ma	Sarinnaangela Sejalbo
Camille Canlas-Laflam	Maria Macaraeg	Jeremy Sharma
Raymond Cao	Darienne Macatiag	Bikramjit Sidhu
Ashardee Chambers	Christian Manlutac	Noorjit Sidhu
Gary Chen	Nathan Marcelo	Daljit Singh
Henry Chen	Diane Medellin	Jonathan Singh
Panan Chenhansa	Chloe Mendoza	Jagraj Sohal
Diwa Cruz	Kyle Most	Artika Swamy
Michelle Danai	Albert Navarro	Camille Tayuman
Michael Dayrit	Donald Nevels Jr.	Tan Thai
Loel De Leon	Joanne Nguyen	Carlos Torres
Tawni De Nijs	Kevin Nguyen	Helin Tran
Richard Diaz	Lisa Nguyen	Paul Tran
Salvador Escalera Jr.	Melin Nguyen	Andrew Ulang
Casey Fletcher	Patricia Nguyen	Michelle Walton
Ramandeep Garcha	Thomas Nguyen	Haotian Wang
Sandeep Gill	Vera Lynn Nicolas	Henna Waziri
Deanna Graesser	Jenyle Nievarez	Roger Yang
Nicholas Grathwohl	Cytalli Padilla	Clarissa Yeh
Elizabeth Guiltron	Gino Pascual	Kevin Yuan
Kristian Guintu	Sabyna Passi	Ray Zhang

8th Grade

Lovejeet Aujla	Jamie Javier	Danielle Nuezca
Naada Azeemuddin	Janine Johal	Zachary Ochoa
Caitlin Baca	Travis Jonson	Ma Viencali Parazo
Michelle Badr	Amanjit Kaur	Justin Penalosa
Sandeep Bal	Avneet Kaur	Trina Pham
Sartaj Bhatia	Jorden Lam	Kristel Racho
Kristian Blanco	Ka-Wai Lam	Amanda Reid
Gessela Bondoc	Norine Latt	Bernicejoy Ricalde
Kevin Carranza	Cherrie Laxamana	Courtney San Nicolas
Chiu Chan	Fiona Lee	Sumeet Sandhu
Laura Chan	Elle Leung	Richard Santos
Victoria Chau	David Lim	Christopher Sekhon
Angelin Cheng	Pauline Ly	Natally Servino
Jessica Choy	Jacqueline Ma	Jaimie Thai
Steve Deng	Monica Macaldo	Melissa Theall
Pritpal Dhami	Shahbaz Shaikh	Amy Elizabeth Tran
Baongan Diep	Avijeet Shelopal	Amy May Tran
Sarabjit Gill	Jessica Singh	Hang Tran
Andrew Guilford	Alissa Smith	Torrence Tran
Karishma Gupta	Patrick Sotelo	Y-Lan Tran
Cody Harper	Jessica Stewart	Emmy Trieu
Clarissa Hernandez	Rachel Morales	Gabrielle Velasquez
Jackelyn Ho	Patrick Naguiat	Elliott Wang
Emily Huynh	Kayla Nebriaga	Ian Wu
Ives Jadman	Gabriel Nguyen	

SCHOOL FOOD DRIVE

Help fight hunger! Sign up now for the Alameda County Community Food Bank's School Food Drive, which runs March 1st – 31st. Participation is open to schools in Alameda County.

ALTERNATIVE EDUCATION COMMUNITY FORUMS

The Alternative Education Community forums will be held at the NHUSD District office on the following dates:

March 17, 2005 @ 6:30 p.m.
April 21, 2005 @ 6:30 p.m.
May 19, 2005 @ 6:30 p.m.

NEW HAVEN SCIENCE FESTIVAL

New Haven Science Festival will be held on Saturday, March 5th.

BWMS THIRD ANNUAL BLOOD DRIVE

Barnard-White will be sponsoring its Third Annual Blood Drive on Saturday, March 5th in conjunction with the Science Festival at Logan. Reserve an hour on that day between 9:30 a.m. and 2:00 p.m. to donate blood for someone in need.

SCPC CO-CHAIR NEEDED

Anyone interested in being the SCPC Co-Chair with Rita Haskin should submit a 1-2 line reason for running. Submissions can be returned to the site and we will forward them to the ESC.

DONATION OF BOOKS

I would like to thank Ms. Patricia Reyna the guardian of four AMS students, who donated a carton of Scholastic Books. Thank you for your donation!

MEDIA MATTERS

Spring Semester Volunteers

We had an overwhelming number of volunteer applications for the spring semester. We'd like to thank all the students who applied. The following volunteers have gone through training and will be working in the Media Center assisting before school, during lunch and after school:

Von Aguirre	Michael De Guzman	Deepika Mishra
Eleanor Berryhill	Marisol DeLeon	Ramsey Pierson
Bhargav Brahmhatt	Steve Deng	Payal Pratap
Krishna Caraballos	Amrit Dhonchak	Freddie Price
Jason Carbonel	Sandeep Gill	Yasmine Shah
Ashardee Chambers	Reena Heer	Tarundeep Singh
Justin Chan	Stephanie Ho	Andrew Ulang
Laura Chan	John Huynh	Michelle Walton
Adam Dahdouh	Rameez Khan	Heather Wirtz
Ashraf Dahud		

Doing research? Use eLibrary!

eLibrary is our subscription-based online database. It has over 1200 magazines and newspapers in its database as well as video clips, tv/radio transcripts, books, maps, pictures and a complete reference desk including encyclopedias, dictionaries, almanacs, and atlases. We are paying a yearly fee for this, so we strongly encourage all the students to make use of this resource at home as well as school. To use at home just go to the following address and type in the login information:

<http://elibrary.bigchalk.com/remote>

user name: 58-26625





password: big chalk

Alvarado Middle School

March 2005

Events



Monday	Tuesday	Wednesday	Thursday	Friday
<p>GO COUGARS!</p>	1	2 <u>Testing SOS</u> @ 6:30 p.m. Media Center	3 <u>Girls Basketball</u> AMS vs. CCMS @ AMS <u>Wrestling</u> AMS vs. CCMS @ CCMS <u>AMS Booster Club</u> @ 6 p.m. Media Center	4 <u>Sadie Hawkins</u> <u>Dance</u> 5-8:00 p.m.
7	8 <u>Girls Basketball</u> AMS vs. BW @ BW <u>Wrestling</u> AMS vs. BW @ AMS	9 <u>School Site</u> <u>Council</u> Meeting 6-7:30 Media Center	10	11 <u>Minimum Day</u> 11 a.m. release
14	15 <u>Girls Basketball</u> AMS vs. CCMS @ CCMS <u>Wrestling</u> AMS vs. CCMS @ AMS	16	17 <u>Girls Basketball</u> AMS vs. BW @ AMS	18 <u>6th Grade Dance</u> 2-3:30
21	22	23 <u>District</u> <u>Wrestling Finals</u> @ AMS	24	25 <u>Minimum Day</u> 11 a.m. release
28 Spring Break No School 	29 Spring Break No School  - 9 -	30 Spring Break No School 	31 Spring Break No School 	School Resumes April 4th

Girls Basketball

3/3/2005
AMS vs. CCMS @
AMS

3/8/2005
AMS vs. BW @ BW

3/15/2005
AMS vs. CCMS @
CCMS

3/17/2005
AMS vs. BW @
AMS

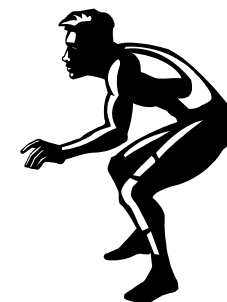
Boys Wrestling

3/3/2005
AMS vs. CCMS @
CCMS

3/8/2005
AMS vs. BW @ AMS

3/15/2005
AMS vs. CCMS @ AMS

3/23/2005
District Wrestling Finals
@ AMS



March 2005

Middle Years

Working together for school success

Short Stops

On the move

When a family moves, everyone's life is affected. You can help by remaining positive about the change. Try to reassure your children, and encourage them to share their feelings about the transition. Talking will help them deal with uncertainty.

DID YOU KNOW?

Approximately 25 percent of math errors are the result of sloppy numbers. Suggest that your child write his numbers neatly. He will be less likely to make simple mistakes, and checking his work will be easier.

Believe it!

One way athletes are able to perform their best during stressful games is by visualizing success. Have your middle grader imagine herself making the team or improving a grade. Believing in herself can give her the confidence to accomplish her goal.

Worth quoting

"Do not wait for extraordinary circumstances to do good; try to use ordinary situations."

Jean Paul Richter

Just for fun

Teacher: Why are you reading the last page of your history book first?

Student: I want to see how it ends.



Successful organization

"When's your next science quiz?"

If your middle grader can't answer questions like this, it's time he brushed up on his organizational skills. Forgotten textbooks, incomplete assignments, and last-minute study sessions are all signs of poor organization.

Share these tips to help your child organize his ...

Time

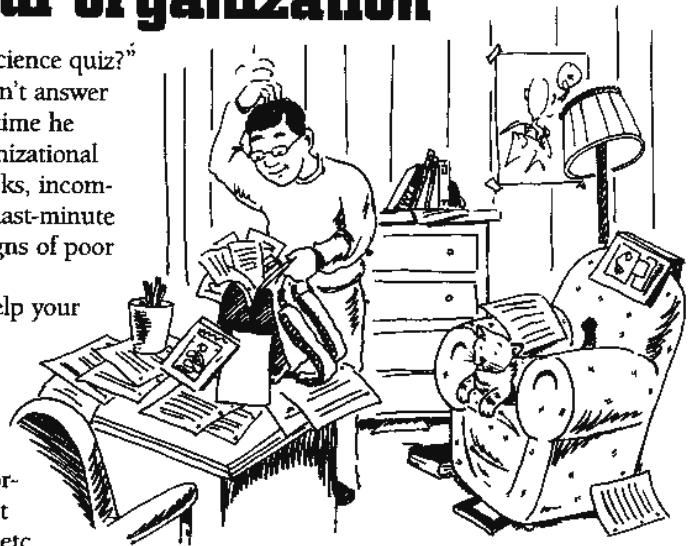
Suggest that your child use a day planner or notebook to list important events—assignment dates, sports schedules, etc. He should review this list every weekend to help prepare for the upcoming week. Knowing what's happening each day can help your child develop a plan to complete his work and limit frustration.

Paperwork

Encourage your middle grader to use a separate notebook or binder for each subject, along with colored pens to emphasize key points as she takes notes in class. She may want to store loose papers, such as returned homework and assignments, in folders. Keeping papers in order reduces clutter and confusion.

Space

Let your child choose a comfortable place to study and do his homework. Some kids like to study at a desk in their rooms, while others prefer to work at the dining room table. The



study area should include supplies like pencils, pens, paper, a dictionary, and a calculator. Having everything in one place will keep your middle grader focused on her work and save time. 👍

Knocking out tests

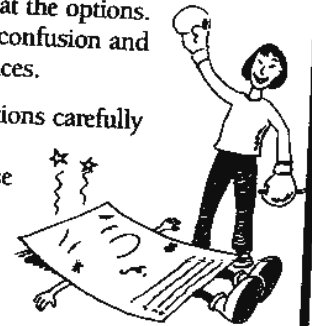
Doing well on tests is no mystery. Share these suggestions with your child to improve her performance on the most common types of test questions.

Multiple choice: Try to answer the question before glancing at the options. This approach can limit confusion and eliminate the wrong choices.

True/false: Read questions carefully for "absolute" words like "always" or "never." These words usually make the answer "false."

Matching: Scan both lists first. Knowing all the options makes matching easier.

Essay: Jot down a brief outline of your main ideas and supporting facts. This preparation can help you get your thoughts together and write them so they are clear. 👍



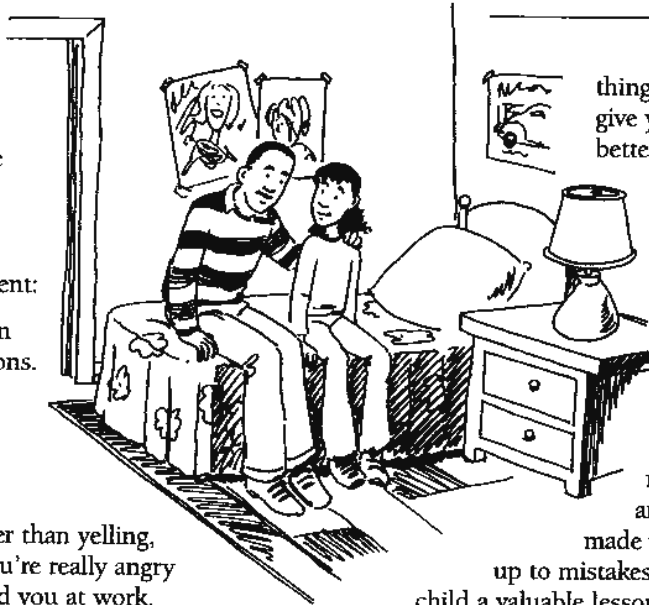
Taming tempers

All parents lose their cool sometimes. While it's important to express disapproval of certain behaviors, how you do so greatly affects your middle grader's responses.

Follow these three steps to anger management:

1 Remain focused. When anger strikes, it can be tempting to ramble off a list of frustrations. But recalling past irritations won't solve the problem. Keep your attention on the current behavior or action. Staying focused can lead to quicker solutions.

2 Write it down. Too angry for words? Rather than yelling, try writing down your feelings. Perhaps you're really angry because you're exhausted or your boss criticized you at work. Whatever the reason, writing your response will help you avoid saying



things you'll regret and give you time to make better decisions.

3 Reconnect. The most loving parents in the world can overreact. When this happens, admit that you are wrong. Apologize to your middle grader, and explain what made you angry. Owning up to mistakes can teach your child a valuable lesson about love and respect. 👍

Stop cheating

"I'll do it just this once." Middle graders may not understand the seriousness of cheating. Not only is it dishonest, cheating robs your child of an important opportunity to learn.



Help your middle grader avoid the pressure to cheat with these tips:

- Tell your child that she shouldn't trade homework answers with other students.
- Suggest that your middle grader ask to move to another seat if he's near a classmate who likes to cheat.
- Discuss the penalties for cheating (detention, failing, grounding at home, etc.), and share the importance of honesty.
- Seek help if your child is struggling in a subject.
- Encourage learning. Stressing grades alone can increase the pressure to excel at any cost. 👍

Parent to Parent Making time for family

Work is always hectic for my wife and me, and the kids stay busy, too. I started noticing that sometimes several days went by without our spending time together. So, I came up with some ideas for making sure we found time to be with each other.

First, we plan a special family event each week, such as a pizza night. Once the date is decided, we mark it on the calendar in the kitchen so no one forgets. We try to get in a little family time without planning, too, even if it's just an hour here or there.

Family time is fun time, but my wife and I are serious about making it happen. We treat our scheduled time like other important appointments. We don't let anything except real emergencies interrupt us, including phone calls and e-mails.

We all look forward to family time, and we've become closer. 👍



Q & A Career choices

Q I know it's early, but I'd like my daughter to start thinking about her future career. How can I encourage her?

A Most young kids dream about what they want to be when they grow up—journalist, doctor, fireman. As they get older, they become more involved in the moment and think less about the future. But considering career opportunities now can benefit your middle grader.

Start by having her describe herself. What does she enjoy doing the most?

Is she shy or outgoing? Discovering her natural strengths and interests can help her explore careers that suit her personality.

Then, suggest that she talk to professionals in her field of interest. They can give her a firsthand perspective on career choices.

Finally, emphasize the importance of learning the basics—reading, writing, and math. These skills will give her a solid foundation for any career. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

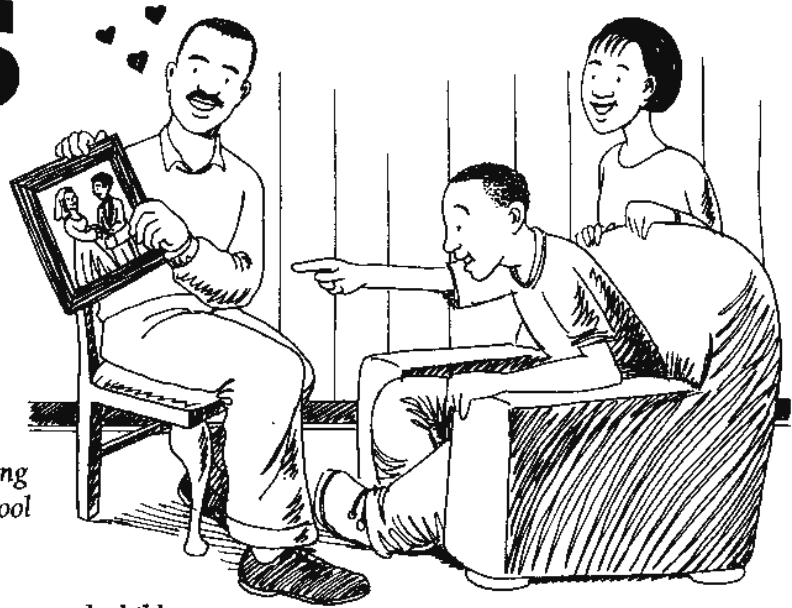
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Emotional Smarts

Helping middle graders manage feelings

Looking for ways to help your children fare better in school, get along with friends, and be less apt to strike out in anger? Experts agree that teaching kids to be emotionally “smart” can help them in school and with friendships and make them less prone to violence.

The good news? Parents can use simple strategies to teach children three of the most important emotional skills: identifying feelings, handling emotions, and having empathy for others. Try these suggestions to boost your middle graders’ emotional intelligence.

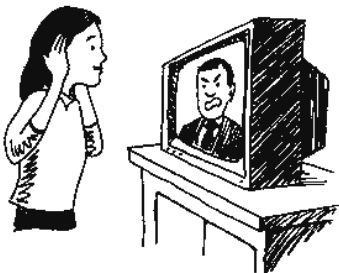


Name their feelings

Kids need names for feelings. Being able to label emotions such as anger or sadness helps them recognize their emotions when they happen. In turn, knowing what they’re feeling can help them find ways to cope.

To build your youngsters’ feeling vocabulary, describe emotions you see them experiencing. *Examples:* “You seemed aggravated when Josh refused to play video games.” “Are you jealous of Jessica’s new friend?” Talk about how people you see in the news could be feeling. (“That young man was sentenced to prison. How do you think he feels?”)

Another idea is to make flash cards with names of emotions on one side and pictures representing each feeling on the other. You could choose from happiness, sadness, anger, fear, love, confidence, loneliness, nervousness, embarrassment, and jealousy, to name a few.



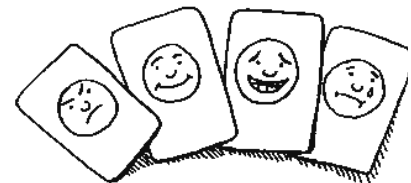
Connect faces with feelings

To be emotionally smart, it’s important for children to learn how to “read” others’ feelings by noticing their

body language and facial expressions. Why? Being able to identify another person’s feelings is an important part of nurturing empathy—a concern for others that helps prevent violence. In fact, experts say that youngsters who bully others often misread people’s emotions—for example, thinking another child is giving a dirty look when the child is simply daydreaming.

To teach this skill, incorporate simple games into daily routines. At home, turn down the volume of the television and talk about the actors’ emotions. (“That person’s jaw is clenched. He looks angry.”) At the grocery store or mall, watch people and guess their feelings. (“She looks confused. Think she’s having trouble picking a sweater?”)

Tip: For a fun family activity, try a game of “feeling charades,” and let each family member act out an emotion for the others to guess.



Give them guidelines

Once your kids are able to recognize their feelings, provide ground rules for managing them. A good rule of thumb is,

continued

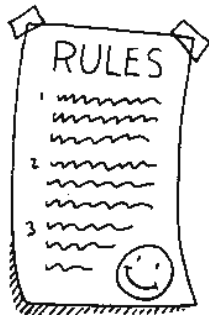
Middle Years



“When expressing anger, you cannot hurt yourself, others, or property.” Also, let your children know what they *can* do. For example, they might go for a jog, draw an angry picture, punch a pillow, yell in their rooms (if that’s okay with you), write in a diary, or talk to a trusted person.

You can also show your children ways to relax when they’re upset. Encourage them to breathe in deeply while counting to three and then exhale slowly. Or have them close their eyes and tense all their muscles, count to six, and then release. They could also imagine being in a peaceful place, such as the beach.

Finally, teach your youngsters steps for working through unhappy feelings. Help them identify the feeling (Ask, “What am I feeling?”); accept the feeling (“My feelings are okay; it’s what I do with them that counts”); decide what to do to feel better (“I could call Timmy”); and act on the decision (call his friend). For example, a middle grader who realizes he’s feeling lonely could tell himself that everyone feels lonely sometimes, decide to call a friend, and make the call.



Act with empathy

Chances are you’re already teaching your kids empathy, or concern for others’ feelings, without even realizing it. Just meeting their needs helps them learn to care for others.

Whenever possible, find opportunities to help your youngsters think about how they would feel in someone else’s shoes. *Example:* “How do you think Aubrie felt when she found out Stacy was talking about her?”

Tip: Recognizing feelings in themselves and others is a key part of learning empathy. See the ideas under “Name their feelings” and “Connect faces with feelings” on page 1.

Praise the positive

If your children do something cruel, explain why you disapprove. *Example:* “It was unkind to tease Susan about her lisp. That probably made her sad. Let’s think about how you might feel if someone made fun of how you talk.”

Keep in mind that it’s more effective to compliment behavior you *do* want than to punish behavior you *don’t* want. When your youngsters handle their feelings well or show concern for others, be sure to let them know. *Examples:* “Thanks for helping your brother feel included!” “Grandma was so happy you called!”

Lead by example

When it comes to expressing feelings and showing empathy, your example makes the biggest impression.

You can show your kids how you’d like them to act when they feel lousy by



letting them see you work out your feelings in safe, healthy ways. For example, if you’ve had a hard day at the office, take a walk instead of yelling at the dog. Other strategies for relieving stress include breathing deeply, taking a warm bath, calling a friend, or writing in a journal. *Tip:* It’s okay to tell your children how you’re feeling, but only to a point. They shouldn’t feel overwhelmed or that they need to comfort you.

If you have an outburst in front of your youngsters, address it with them. Let them know why you were upset. Then, explain that you handled your feelings the wrong way and that you’ll try to do better next time. *Example:* “I’m frustrated because we just bought our car and it needs repairs. But I shouldn’t have slammed the door. Next time, I’ll try to cool down by counting to ten.”

Finally, let your children see you demonstrating empathy. For instance, you might take a meal to an elderly neighbor or put money in a donation box. Tell them what you’re doing and why. *Example:* “Mrs. Smith’s husband died, and now she lives alone. She enjoys having visitors and getting a nice, warm meal.”

Middle Years