

Letters from Students to School Social Workers

Dear Mrs Rogers,

You are so nice! I learned three new things and I learned them all because of you! I learned the hippocampus remembers things so then we can stay alive! The second one is the amigdila. It has been my security gard from my sister! The theird is the prefrontal cortex. It will choose the wise choices. I'm sure my hippocampus will remember you!

Sincirly,

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mind up has been very helpful because I am
a middle child and when my siblings bug
me I don't know how to calm my self
I learned that breathing will help any pers
Stop and think. I learned that think has
5 meanings. T means is it true? H means
is it helpful? I means is it inspiring? N
is it necessary? K is it kind. these
things I learned from mind up lessons.
These things help you have a better
life and shows that these things are
helpful. ever since i learned breathing
I don't get mad alot like I did
before but now mind up is like a
helpful thing to me mind up is like a
the best.

for sum :k

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To: the best educators B