

## Help Slow the Spread with Snappy, Practice Self-Control!

**DE-STRESS with SNAPPY - Take an Important Emotions Break**



**Self-control** is a key way that everyone can help defeat the Virus. Then we can think of ways we can help others!

**As highlighted in Onondaga County Exec. Ryan McMahon's April 30<sup>th</sup> Briefing**



Dear Friends,

In these trying times, we at Wisdom Thinkers want you to know that our concern is, first and foremost, for your health, safety, and your daily needs.

In the midst of this uncertainty, we want to share some **fun activities** which will help children (and indirectly help you) manage some of their emotions and reduce some of the stress during what is a new and frustrating period for everyone.

Let me introduce you to **Snappy, the Turtle who Couldn't Keep His Mouth Shut**. Through Snappy and the fun and easy art projects, your children can be occupied in between other schoolwork while reinforcing the important skills of controlling their emotions and their actions.

Accompanying the story are some activities:

-  Hold on to your Sticks (strategies for self-control they could post around the house)
-  Snappy to color (coloring page)
-  Where in the World is Snappy (share your Snappy story with us)

**SHARE A COMPLETED ACTIVITY, WITH A MESSAGE, A PICTURE OR VIDEO!**

**Make a Public Service Announcement/Poster:**

**"Help Slow the Spread with Snappy, Practice Self-Control"**

[www.wisdomthinkers.org/snappy](http://www.wisdomthinkers.org/snappy)

We at Wisdom Thinkers focus on helping children find their stories and then go out and change the story of the world. Each of our children have remarkable light within, and I am confident that they will thrive as we show them that there is hope even in the midst of dark times. We want to let them know that by practicing self-control they are contributing to making their community, their country, and their world a better and safer place. And this is just one more adventure that we get to travel together!

We hope these stories will help. Great thanks and be well.

Ralph Singh, Chair



[www.wisdomthinkers.org](http://www.wisdomthinkers.org)

