

# Moody Stars Monthly

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## Spring

Welcome to the March/April Issue of the Moody  
Schools' Newsletter.



Spring has come! It's been wonderful to have the sunshine and warmer days. We've been learning about community helpers and our students all participated in fire drills over the last few weeks. It was exciting to see the Haverhill Fire Department at work and keeping us safe!

I hope you have time to enjoy these warm days!

Enjoy our March/April Spring Newsletter :)

-Kristi-Lynn Craig, ECC Director

### **Calendar reminders:**

- April 15th - No School
- April 18th-April 22nd - Spring Break
- April 25th - School Resumes

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Moody School - 59 Margin St, Haverhill - 978.374.3459  
Moody PreSchool Extension - 514 Main St, Haverhill - 978.420.1901



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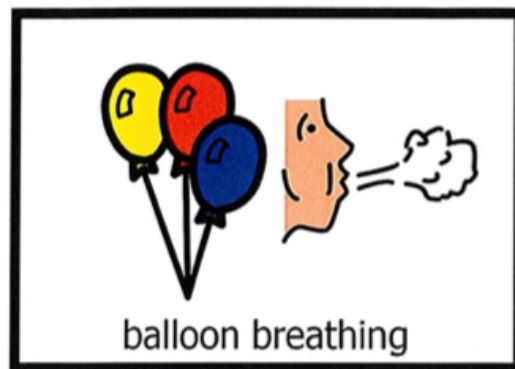
## TOP STORIES



# Deep Breathing and Self Regulation

by **The Occupational Therapy Team**

Last month we shared about the zones of regulation and supporting students in understanding their emotions. There are several strategies we use at Moody School to support students in self-regulation and calming. Below you will find three deep breathing exercises that you can use at home. Enjoy!



### Balloon Breathing

1. Place your hands on the top of your head and interlace your fingers.
2. Breathe in through your nose as you raise your arms, inflating your imaginary balloon.
3. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms with your fingers still interlaced and landing back on top of your head.
4. Push down on the top of your head to get all the imaginary air out.
5. Repeat 3 times and finish with giving yourself a hug.



### Cup of Calm

1. Briskly rub your hands together until you feel the heat.
2. "Cup" your hands over your closed eyes. Allow the heat from your hands to relax your body.
3. Slowly count to 10. Then slowly let your fingers lightly slide off your eyes and face.



### Hot Cocoa Breathing

1. Smell the hot cocoa.
2. Slowly blow on the hot cocoa to cool it.
3. Repeat 3 times.

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## Kindergarten Information Nights ...

by the Moody Team

- If your child is going to Kindergarten in the fall, be sure to participate in the Kindergarten Information Nights! If you missed the March 29th meeting, the next one is on April 13th from 6-7:30pm at Bradford Elementary School.
- Current PreK 4 Moody Students DO NOT need to re-register for Kindergarten. Please call the Parent Resource Center if you have any questions.



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## ★ Books We Love!



by **Teachers and Staff**

- ABC of Jobs People Do by Roger Priddy
- First The Egg by Laura Vaccaro Seeger

## ★ Ways to support our schools ...

by **Moody on Main and Moody on the River**

You can support the Moody Schools by ...

- Sending in tissues and hand wipes
- Participating in our PTO!
- Becoming a substitute

## Springtime Activities ...

by **the Moody Team**

- Take a walk outside in the rain. Ask your child to identify how the rain feels and what they notice about the air/clouds/ground/etc. Find a puddle to splash in. Draw pictures of how the rain looks.
- Keep track of the weather with your child. One a calendar, mark whether it's rainy, cloudy, sunny, etc. At the end of the month, make a graph of how many days fell in each category.

## Don't Forget ...

by **the Main Office**

- If you are cleaning out clothes, please consider donating lightly used sweatpants child sizes 2T-size 8. Thank you!
- Fridays are parent contact days! This is a great day to set up a meeting with your child's teacher if you have any questions or concerns to review.

**Read more on our Websites:**

[Moody on Main](#)  
[Moody on the River](#)

**Read more on our Facebook Pages:**

[Moody on Main](#)  
[Moody on the River](#)



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