

PAX = Peace • Productivity • Health • Happiness



Dear YMA Families of students in Grades Kindergarten to Six,

My name is Patricia Lopez and I am the PAX Partner at your child's school this year. My role has been to help teachers and students in grade kindergarten through six with learning the strategies to implement the PAX Good Behavior Game. This 'game' helps students learn new skills like self-regulation and behavior management that increases their ability to focus, stay on task, and have a positive attitude.

In light of the pandemic, PAX has developed "PAX Tools" to assist parents and caregivers with helping children adjust to the demands of distance learning and the disruption in their lives. PAX Tools consists of seven strategies proven to help children and families get through difficult times with routines and a positive climate. In communication with Ms. Rosoff and Ms. Griffin-Nuriddin, there are four links related to PAX that are provided here. We believe you will find all videos (just 2-4 minutes long) useful in your daily lives and easy to implement. Your children are already familiar with the three (3) strategies (known as kernels in school) selected, low emotional response, beat the timer, and PAX Breaks, from our work in school before the unexpected shutdown.

The first is the overview of PAX Tools:

https://www.youtube.com/watch?v=t952q7_BJLE&list=PLxmb2gVkJvOvyAqstsGda8CLrmlIAZjaW-0I&index=1

Here are the three (3) initial strategies from PAX Tools that we believe you will find very useful at home with your children that can be easily implemented:

1) LOW EMOTIONAL RESPONSES—How to respond to negative behavior without overreacting but still getting your point across.

<https://www.youtube.com/watch?v=ojFsMSy5iWY&list=PLxmb2gVkJvOvyAqstsGda8CLrmlIAZjaW-0I&index=3>

2) BEAT THE TIMER—Helping your child stay focused and get through daily tasks.

https://www.youtube.com/watch?v=YUrEquT_tbk&list=PLxmb2gVkJvOvyAqstsGda8CLrmlIAZjaW-0I&index=4

3) PAX BREAKS—How you and your child can calm down during a conflict when emotions are high.

<https://www.youtube.com/watch?v=0KgkB8LOgAg&list=PLxmb2gVkJvOvyAqstsGda8CLrmlIAZjaW-0I&index=8>

We hope you find these resources helpful. Please share your experience while participating in the PAX Parent Program with me and encourage your child to share their experience using PAX Tools with their classmates. I am here to support your use of PAX Tools, provide you with more resources if needed to further unfold these strategies with your children. I welcome you to contact me via email at plopez3@yonkerspublicschools.org.

Sincerely,

Patricia Lopez, PAX Partner
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