



Dear Parent of _____:

Recently, we began meeting with your student as part of a small group. We are focusing on self-control and calming down, using an excellent book called *Hunter and His Amazing Remote Control*. The book tells of the story of a character named Hunter and how he uses a remote control to help him use skills to calm down and control himself. On the back of this letter, you will find a copy of the remote control example we are using in the group. There are 8 buttons with 8 corresponding skills on the remote (we may not use all of the buttons depending on the length of the group):

1. **Channel changer** This skill is filtering out distractions and focusing on the most important task. “What channel are you on?” is asking the student to pay attention.
2. **Pause** This skill is asking the student to stop their current action and relax, wait, identify feelings, practice patience, and think. “Pause” means the student must stop immediately and press an imaginary button on their left hand.
3. **Fast Forward** This skill is thinking before you act. “What happens next?” allows the students to consider the consequences of their current choice.
4. **Rewind** This (advanced) skill asks students to evaluate past behaviors in order to learn from their mistakes. This button replaces the word “should” with the term, “Next time, I will...” It also provides students the opportunity to “rewind and try a do-over,” which gives them a second chance.
5. **Slow Motion** This skill is slowing down, being more careful, calming down, and identifying feelings. “We all need to slow down” means that students should point to their right wrist then move their finger slowly up their arm as they count to ten. Students can practice deep breaths while counting and stating one feeling they are feeling at the moment.
6. **Coach** This skill is self-monitoring, organizing and problem solving. Students are encouraged to use Kelso’s Choices to solve problems, and breaking down large problems into smaller tasks.
7. **Zapper** This skill involves recognizing and rejecting unpleasant thoughts and irrational beliefs. Students learn that everyone has “self-talk” and exaggerated beliefs with which they may struggle.

8. **Way To Go!** This skill teaches students to replace negative thoughts with positive self-talk and affirmations. Students focus on their strengths and credit themselves for their effort, attitude, improvement and achievement of goals.

We hope that this information will help you to understand what your child may be referring to when discussing the group, as well as giving you the opportunity to reinforce these skills at home if you choose. It is hoped that these skills will be reinforced in classroom lessons taught throughout the rest of the school year, as well. As always, I encourage you to contact us if you have any questions or would like further information about the curriculum.

Sincerely,

Stephanie Graupmann
School Counselor