
From: Lesley Groff [REDACTED]
Sent: Wednesday, March 29, 2017 6:54 PM
To: Jeffery Epstein
Subject: Fwd: Too Much Stress In Schools

Bill Spear's charity...

Begin forwarded message:

From: =/b>Second Response [REDACTED]
Subject: =/b>Too Much Stress =n Schools
Date: =/b>March 29, 2017 at 2:08:32 PM =DT
To: =/b>[REDACTED]
Reply-To: =/b>info@fortunateblessings.org

"Children have a burden
of WAY too much =tress
in their =ives."
A report back =fter
a

three-day intensive of =he
School=Resiliency =rogram
=/div>

Students and teachers discover the benefits of the PLAYshop methodology!
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We train teachers and school staff valuable methods -- =roductive, safe tools developed over a dozen years of
international =isaster relief work -- that help to relieve stress and trauma in the =lassroom and at home.

In February, we spent three days in Bristol, Connecticut training the staff at two schools in the PLAYshop methodology. Both staff and students quickly experienced the immediate benefits.

Here's what the participants said:

"It's a great stress release. I find children have a burden of WAY too much stress in their lives."
--Teacher

"During the PLAYshop, I felt very loose and energetic. I also felt silly and playful. Later that day, I felt calm, less stressed, and more playful."
--Student

"I tried to go into the PLAYshop with an open mind. It was awkward at first, however, once I just "let go" it was a type of relief. Afterward, I was able to have a new light on how my students are actually feeling."
--Teacher

"During the PLAYshop I had a lot of fun and I laughed my face off. After I felt calm and relaxed. Later that day I used the breathing techniques to continue releasing my stress."
--Student

"I tried it a few times in my class to relax and get theitters out and they responded well."
--Teacher

"It definitely released some tension!" --Teacher

Visit our Facebook page to view more photos from the program.

PLAYshop
methodology an
</iv>
help

</trong>
teachers and students
across the country
but our help is
needed to do it!
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<http://img.constantcontact.com/letters/images/1101116784221/H.gif>

Upcoming activities

Second response
builds a PLAYshop app
with RJOK Jr. on April 1st!

After 2 years of successful
Give Local campaigns,
Second Response
joins again for 2017!

Mark your calendars for
April 25-26 for the
online giving challenge!

Visit www.secondresponse.org to see our new videos!
Second Response is an initiative of Fortunate Blessings Foundation.

Fortunate Blessings Foundation, 409 Bantam Road Suite A-3, Litchfield, CT 06759-3200

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