Mr. Jobe 3rd grade



My favorite Mister Rogers quote:

"There's a world of difference between insisting on someone's doing something and establishing an atmosphere in which that person can grow into wanting to do it." -Fred Rogers

Let's make the most of this



Something I do that makes me feel happy:

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- Spend time with family
- Hike in the mountains
- Go out to eat
- Exercise

Something I do when I feel sad or afraid:

- Talk to close family/friends
- Find a quiet place to think
- Pray

- Amazon
- Milky Way, Twix, dark chocolate almonds
- Vanilla Dr. Pepper,
 Starbucks
- Chick-fil-A, Whataburger, Jimmy John's, On the Border

Mrs. Lewis

3rd grade



My favorite Mister Rogers quote:

"We don't always succeed in what we try, certainly not by the world's standards, but I think you'll find it's the willingness to keep trying that matters most." ~ Fred Rogers

Let's make the most of this



Something I do that makes me feel happy:

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I love playing with my grandkids. It really makes me happy when we're playing at the beach.

Something I do when I feel sad or afraid:

I usually talk to my friends or family. They can always cheer me up!

- My grandkids!!
- The beach
- Traveling to new places
- Playing card and puzzle games
 Shopping on Amazon
- Starbucks
- Popcorn, dark chocolate sea salt caramels
- Diet Vanilla Coke, Raspberry Iced
 Tea
- Yellow, purple, pink, teal

Mrs. Gomez

3rd grade



My favorite Mister Rogers quote:

"If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person."

Let's make the most of this



Something I do that makes me feel happy:

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- Spend time with family
- Bakina
- Listening to music
- Photography
- Going for walks
- Spending time outside

Something I do when I feel sad or afraid:

When I feel sad or afraid I talk to my family about it. They are great listeners and give me great advice.

- My family
- Chocolate
- The beach
- Starbucks
- Traveling

Ms. Hines 3rd grade



My favorite Mister Rogers quote:

"Listening is where love begins: listening to ourselves and then to our neighbors." ~Mr.Rogers

Let's make the most of this



Something I do that makes me feel happy:

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I feel happy when I am around my friends and family, spending time outside with my dog, or baking something new!

Something I do when I feel sad or afraid:

When I feel sad or afraid, I like to spend quiet time alone either walking, stretching, or writing. Talking things out with family or friends is always helpful too!

Some of my favorite things include:

- Reading a good book
- Dogs
- Baking and cooking
- Spending time outside
- Coffee!
- Dark chocolate

Mrs. Taylor 3rd grade



My favorite Mister Rogers quote:

"Often when you think you're at the end of something, you're at the beginning of something else".~ Fred Rogers

Let's make the most of this



Something I do that makes me feel happy:

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I feel happiest when i'm on long walks with my hubby and our fur baby Maya.

I also love propagating and planting new plants.

Something I do when I feel sad or afraid:

When I feel sad I call my mom, hubby or sister to talk it out. Then take a nice relaxing bubble bath!

- My sweet wonderful family
- All animals! (especially puppies)
- Plants!
- Long walks
- Coffee
- Dark chocolate

Mrs. Wolter 3rd grade



My favorite Mister Rogers quote:

We all have different gifts, so we all have different ways of saying to the world who we are."

Let's make the most of this



Something I do that makes me feel happy:

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To feel happy I like to surround myself and tend to my plants and fur babies!

Something I do when I feel sad or afraid:

When I feel sad or afraid I think about those who love and care about me. I find comfort from them and knowing that they love me.

Some of my favorite things include:

- Dogs
- Plants and Flowers
- Baking and Cooking
- Any treat that includes peanut butter!
- Reading to learn new things