



“I learned how to solve problems”

“I learned how to calm down”

“I really liked doing the role playing”

“ I learned how to get friends and how to be polite”

Comments from a 2nd grade class

SIGN UP FOR THINK FIRST

THINK FIRST is the Orinda Union School District’s program which will help build the foundation for good character development and resiliency in our children. Being a **THINK FIRST** volunteer offers a unique and rewarding experience. Working in the classroom provides a hands on opportunity to interact with the children. Lessons will teach our children to think about other’s feelings, to solve problems cooperatively, and to manage their anger in a positive way. Additionally, age appropriate information about drugs, alcohol and tobacco will be shared in 4th and 5th grade.

Please join us and sign up as a Think First Volunteer

Your commitment: Two-hour training session to take place in September

Classroom teaching: 10 or 12 sessions (30-45 minutes each) to begin in October 2008

For more information or to sign up please contact Martine van der Laan at 253-1189 (martinevanderlaan@mac.com)