

Hello Braves,

I want you to know that I'm thinking of you and will be posting things on our website during our time off from school. I know some of you have questions and may even be a little unsure of what is happening. I want you to know that I'm here to support you as best I can. In addition to what the district is posting and the items your teacher sent home with you last week and this week, here are a few more things for you to look at by yourself or with someone older in your home:

1. Practice good hygiene. Cough or sneeze into your elbow (not your hand) and wash your hands with soap and water for at least 20 seconds.
2. If it is pretty and warm outside, go out and play. Reading a book or coloring outside can be nice, too!
3. Pay attention to your breathing if you notice you're becoming scared or upset. Take 3 deep breaths by inhaling through your nose for 5 seconds and exhaling through your mouth for 5 seconds.
4. Keep up with your schoolwork every day. Do the best that you can. No one is expecting you to be perfect.
5. Help around the house by doing your chores. If you don't have chores, ask what you can do to help.
6. Treat people around you the way you'd like to be treated. Kindness counts!
7. Talk to the adults in your home if you are worried or have questions about anything.
8. Write a letter or draw a picture for someone. This is a great time to practice your art skills.
9. Play a board game or cards with your family. Have family time as much as possible.
10. Lastly, be a kid as much as possible. Play, laugh, and be happy.

Thinking of you,

Mrs. Grube

BrainPOP - COVID-19 (Video and Lesson Ideas - Grades 3-6)

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Prevention Action Alliance - (Reassuring and Supporting Children During This Time)

<https://preventionactionalliance.org/advocate/newsletters/know-to-reassure-and-support-children-during-the-covid-19-crisis/>

Social Emotional Skills (Geared at Supporting Students and Families)



12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"