

April 30, 2019

Families of Logan Elm,

As we continue to stay home we find ourselves overcoming obstacles that were once at the top of our list of stressors, while having new ones appear. Some days we're taking 3 steps forward and sometimes those steps move back. It's a delicate dance we do everyday and like everything we do, little eyes are always watching and mimicking the emotions we ourselves feel and show. Practicing grace, doing mental health check-ins each day, and choosing your battles are crucial at this time. Please keep in mind that your student can learn new skills, complete tasks, and connect with you in a multitude of ways. It's also okay to ask for help when those times come that we're not okay, we need help navigating online homework and meetings, and we're running out of ideas on how to find those genuine connections. Below you will find words of encouragement, where to ask for help, and ways to help your family when our mental health is not at its best.

In closing, stay home as much as you can, stay safe, and remember - we are all in this together. #bravenation #alonetogether

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MENTAL HEALTH CHECK



• I'M DOING GREAT



• I'M DOING PRETTY GOOD



• I'M DOING OK, I GUESS



• I'M STARTING TO STRUGGLE



• I'M HAVING A REALLY HARD TIME



• I NEED TO REACH OUT FOR SUPPORT

***For the yellow, green, blue, and purple hearts - Reach out to a friend or family member, reach out to your child's teacher or school for academic questions, go to loganelm.org for resources that can provide support with food distributions and numbers to call for crisis situations (call 911 if an emergency), and see the options below for daily items you can do for those non-crisis situations.**

Self care at *HOME*



Turn on a cozy playlist



Start a gratitude journal



Clean & declutter your space



Do some reading



Enjoy your fav beverage



Get crafty!

@theself_carekit

*Doing one of the items seen above each day - don't forget just getting outside and enjoying the sunshine, can help keep you grounded and work for both you and your student. I talk a lot about connecting as a family, but don't forget to take time for yourself, if only for a few minutes each day.

*Enjoy the outdoor activity below on those warmer days just around the corner. Exploring nature, while soaking up some Vitamin D, can be therapeutic for your student.

NATURE SCAVENGER HUNT

printprimaryplayground

- 🍃 Find 4 pine cones.
- 🍃 Find something that is yellow.
- 🍃 Find 2 tree stumps.
- 🍃 Find a feather.
- 🍃 Find a seed pod.
- 🍃 Find 4 smooth rocks.
- 🍃 Find a spider web with a spider on it.
- 🍃 Find 3 mushrooms.
- 🍃 Find a long stick.
- 🍃 Find 2 things that can fly.
- 🍃 Find 3 different sized green leaves.
- 🍃 Find a dandelion weed. Blow a wish.



***Last but not least, read the words of encouragement (and truth for many) seen below. Keep your chin up, take care of yourself in order to care for your student, and don't forget to put the mental health of everyone in your family at the top of the list each and every day.**

Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Emily W. King, Ph.D.