

Students and Families of Logan Elm,

As we finish up Week 4, I think we can all agree that this new normal brings a lot of emotions. These weekly items that you can find on your school's web page are always written with the thought of not only supporting my students, but their families as well. Just as parenting, there is no book full of answers on exactly how to teach remotely, be a parent and teacher (while possibly still trying to work), and how to be a young person who now has a parent trying to teach lessons they didn't create.

Below, I've found resources for everyone during this time. Not everything has to be frustrating or stressful when it comes to 'learning.' The items below may even be activities that some of your students have completed at school in the past or since they've been home. The goal of these items is to first and foremost provide a way to connect as a family, while taking care of your mental health.

Please take a look and use what best fits your student and family. As always, please feel free to contact me at tahnee.grube@loganelmschools.com or on my main line at (740) 332-4212.

Thank you and keep up the good work!

Mrs. Tahnee Grube

What Anxiety May Look Like

You may be feeling like your student is trying to push your buttons or that for our older students, 'it's just hormones.' You know your student best; however, a huge misconception is that anxiety only looks a certain way. *This is hard as educators sometimes to step back and realize, because anxiety can also be paired with other emotions.* Hopefully this helps all of us see things through a different set of lenses and provides a way to start a conversation or writing activity for those students who have trouble *saying* how they feel.

***PS - For the younger students, having them point to which picture looks like how they're feeling may be easier.**

ANXIOUS CHILDREN

@movementmatters

what we may expect to see



worry



sadness



fear



nervousness

what we may actually see:



defiance



irritability



difficulty sleeping



anger



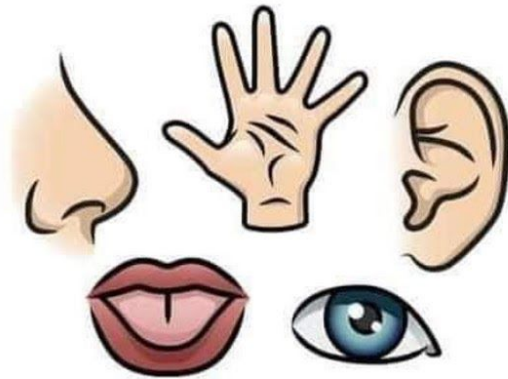
Scavenger Hunt When Those Uncomfortable Feelings Come to Visit

As we know, quarantine not only can make us feel a little stir crazy, but is also a daily reminder that our sense of normal and routine is different. This scavenger hunt may be best to complete while indoors. *I love this one because it's great to use when those uncomfortable feelings come to visit (worry, sadness, anger, etc). This is also one that you as the caretaker may find helpful. :)

5 SENSES SCAVENGER HUNT

primary playground

- Find something that makes a crunch sound.
- Find something that tastes sour.
- Find something that smells good.
- Find something smooth.
- Find 3 of the same thing.
- Find something that smells bad.
- Find something that tastes sweet.
- Find something loud.
- Find something long.
- Find something soft.
- Find something white.
- Find something quiet.
- Find something rough.



Family Game Night

This is one that can really help with that connection piece. As I've mentioned before in my letters and resources, this time is extremely important to celebrate those little victories and not stress or argue with one another when trying to juggle five different things - it's not possible! Use this scavenger hunt BINGO game (again, feel free to create your own) to play as a family and really connect with one another. This can help not only your student, but YOU more than you know.

SCAVENGER HUNT BINGO

Something you got for a birthday gift	Something that smells good	Something you can use when you are feeling stressed	Something you really want to show me	Something that reminds you of someone you miss
Something you don't let your siblings touch/use	Something that is your favorite color	Something you are proud of	Something that makes you laugh	Your favorite game
Something you like to do with your family	Something that makes you feel safe	FREE	Your favorite toy	Something unique
Something that brings you comfort	Something you can do for fun	Something you don't like	Something that shows your personality	Something you hope isn't for dinner tonight
Your favorite snack	Your favorite movie/show	Something you made yourself	Something that is special to your family	Something you can use to help calm down

Closing Thoughts

This time in our lives can make all of us have days (some more than others) feel like we're failing or lacking in some way. Allow those uncomfortable feelings to come, but let them leave. Talk to someone, keep a journal, find 3 things to be grateful for each day, watch or do something that makes you laugh, and just know that you're doing the best you can do. As mentioned before, it's not possible to juggle everything we've been dealt during this global pandemic. One thing to always remember is that you're not alone. I feel blessed to work for a district that goes above and beyond each and every day for its students, families, and the community we call home. When you feel you're at your weakest, you must always 'Be Brave.' #bravenation #yourenotalone

be



BRAVE

