

MAY 8, 2020

A NOTE FROM THE SCHOOL SOCIAL WORKER

PADDOCK ELEMENTARY SCHOOL ~ SARAH ELLIOTT



HOBERMAN SPHERE BREATHING

CLICK THE LINK BELOW TO VIEW HOW TO PRACTICE DEEP BREATHING BY USING A HOBERMAN SPHERE. IF YOU DON'T HAVE ONE YOU CAN PRETEND YOU ARE HOLDING A BALL AND MOVE YOUR HANDS IN AND OUT ALONG WITH THE VIDEO! ALSO CALLED "BALL BREATHING" AT PADDOCK - SOMETHING PADDOCK STUDENTS ARE VERY FAMILIAR WITH!



[TO WATCH VIDEO CLICK HERE](#)

FOR THE STUDENT

**FIRST AID FOR FEELINGS:
A WORKBOOK TO HELP KIDS COPE
DURING THE CORONAVIRUS PANDEMIC**

During this time of change and uncertainty, children are experiencing a wide range of big feelings (which often show up through their behavior.) More than ever, they need a sense of safety, reassurance, age-appropriate information, and help understanding and coping with their feelings. The First Aid for Feelings Workbook provides a space and a structure for you to help your child express their thoughts and feelings, identify important ways to stay safe and healthy, learn new strategies for coping with daily challenges, and increase their sense of control.

[CLICK HERE TO DOWNLOAD THE BOOK FOR FREE](#)



FOR THE PARENT

ANXIETY AND COPING WITH THE CORONAVIRUS BY RACHEL EHMKE

To say that it is difficult to parent while experiencing your own stress and anxiety would be an understatement. And normal feelings of anxiety are likely intensified during this time when you are tasked with supporting and providing for your family in the midst of such uncertainty. This article from the ChildMind Institute gives some suggestions for how to manage your own anxiety as well as your children's during this time.

[CLICK HERE TO READ THE FULL ARTICLE
BY RACHEL EHMKE](#)

resource spotlight: Washtenaw County Health Department

- WHAT TO DO IF YOU'RE SICK
- TESTING LOCATIONS, INCLUDING DROP-IN TESTING FOR THOSE WITH NO INSURANCE
- ALSO INFORMATION ABOUT MENTAL HEALTH, FOOD, AND OTHER ESSENTIAL RESOURCES
- UP-TO-DATE INFORMATION ABOUT THE "STAY HOME, STAY SAFE" ORDER

[CLICK HERE TO VIEW
THE WASHTENAW COUNTY HEALTH
DEPARTMENT WEBSITE](#)

**Need additional support
or have questions?
I am here to help!**

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