

APRIL 20, 2020

A NOTE FROM THE SCHOOL SOCIAL WORKER

PADDOCK ELEMENTARY SCHOOL ~ SARAH ELLIOTT



STAR BREATHING

PLACE YOUR FINGER AT ANY "BREATHE IN" SIDE, HOLD YOUR BREATH AT THE POINT, THEN BREATHE OUT. KEEP GOING ALL THE WAY AROUND THE STAR.



COPINGSKILLSFORKIDS.COM

FOR THE STUDENT

WEAR YOUR STRENGTH WRISTBAND

Coloring is a calming activity in and of itself, but this activity also gives your child a chance to reflect on their own strengths. Consider having your child select a strength that they feel they possess and have them color the band and wear it for a day.

Take this activity one step further, by having your child practice an act of kindness! Ask your child to think about their family members' strengths. Have them choose a strength for each family member, color the band, and give them to each family member.

Demonstrate by choosing a strength for your child that you recognize in them!

[CLICK HERE FOR THE WRISTBAND ACTIVITY](#)



FOR THE PARENT

SELF-CARE IN THE TIME OF CORONAVIRUS BY RAE JACOBSON

"WHEN YOU'RE A PARENT, SELF-CARE OFTEN SLIPS TO THE BOTTOM OF THE LIST. BUT TAKING CARE OF YOURSELF ISN'T A LUXURY. IT'S ESSENTIAL. AND DURING THIS DIFFICULT TIME, WHEN CHILDREN ARE HOME AND STRESS IS RUNNING HIGH, IT'S MORE IMPORTANT THAN EVER." - RAE JACOBSON

Read the full article by clicking the link below to read about the following 5 tips clinicians are recommending for parents to practice self care:

- "MAKING TIME FOR YOURSELF"
- "PRIORITIZE HEALTHY CHOICES"
- "BE REALISTIC"
- "SET BOUNDARIES"
- "RECONNECT WITH THINGS YOU ENJOY"

[CLICK HERE TO READ THE ARTICLE ABOUT SELF-CARE](#)

resource spotlight: **AID IN MILAN**

- Food Pantry
- Rent, Utility, Prescription Assistance
- Job Search Support
- Connect with Shelters for Emergency Housing

OFFICE HOURS: MONDAYS, THURSDAYS AND FRIDAYS 9AM - 3PM TUESDAYS 12PM - 7PM. CLOSED WEDNESDAYS.

FOOD PANTRY HOURS: MONDAY AND FRIDAY 9AM - 2:30PM. TUESDAYS 12PM - 6:30PM. THURSDAYS 12PM - 2:30PM.

EMERGENCY FOOD AVAILABLE DURING REGULAR OFFICE HOURS.

PHONE: 734-439-8420
ADDRESS: 89 W MAIN ST. MILAN, MI 48160
WEBSITE: AIDINMILAN.ORG

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

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