

MAY 15, 2020

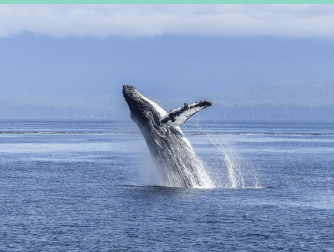
# A NOTE FROM THE SCHOOL SOCIAL WORKER

PADDOCK ELEMENTARY SCHOOL ~ SARAH ELLIOTT



## WHALE BREATHS

"SITTING CRISS-CROSS  
APPLESAUCE, SIT UP TALL AND  
TAKE A DEEP BREATHE IN, HOLD  
IT WHILE YOU COUNT TO 5 WITH  
YOUR FINGERS THEN TILT HEAD  
UP TO BLOW IT OUT OF  
BLOWHOLE. YOU CAN ALSO PUT  
YOUR HANDS UP ON TOP OF  
HEAD TO CREATE THE BLOW  
HOLE TO "BLOW" OUT."



[COPINGSKILLSFORKIDS.COM](http://COPINGSKILLSFORKIDS.COM)

## FOR THE STUDENT

### RESPONSIVE CLASSROOM'S FLY FIVE ACTIVITY (K-2)

This packet from the Center for Responsive Schools includes activities that focus on helping young people to improve their ability to manage overwhelming thoughts and emotions. Inside, you will find:

- Dinner discussion questions, along with tips for responding to your children when talking about feelings.
- Role-plays for practicing how to manage strong feelings.
- Read-aloud that can help to normalize feelings that come up with adjusting to big changes.
- Art activity that encourages creativity and self-expression.
- Ideas for helping your child stay connected to his or her peers.

[CLICK HERE TO VIEW THE ACTIVITY](#)



## FOR THE PARENT

### 8 TIPS TO HELP YOUR CHILD FOCUS AND STAY ENGAGED DURING DISTANCE LEARNING

BY LINDA CARLING, ED.D.

Parents, have you had any difficulty keeping your child engaged, focused, and on task when completing their work at home? Of all the feedback we are hearing from families, so far this may be the most common issue - it is HARD to get kids to complete work while they are at home. You are not alone in facing this challenge! The below article offers some tips that may help you establish new routines, develop new practices, and perhaps most importantly- to adjust your expectations about “school at home.”

[CLICK HERE TO READ THE FULL ARTICLE BY LINDA CARLING, ED.D.](#)

### resource spotlight: MDHHS MENTAL HEALTH SUPPORT

MICHIGAN HAS JUST MADE A NEW RESOURCE AVAILABLE THAT ALLOWS RESIDENTS TO RECEIVE MENTAL HEALTH SUPPORT FROM A CRISIS COUNSELOR, ALL THROUGH CONFIDENTIAL TEXT MESSAGING. TEXT RESTORE TO 741741 AND YOU WILL BE CONNECTED WITH A COUNSELOR WHO CAN OFFER MENTAL HEALTH SUPPORT, 24 HOURS A DAY, 7 DAYS A WEEK. BEST OF ALL- THIS SERVICE IS FREE AND AVAILABLE TO ALL (NO INSURANCE IS NECESSARY.)

[CLICK HERE TO VIEW ADDITIONAL INFORMATION](#)

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

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