

APRIL 20, 2020

# A NOTE FROM THE SCHOOL SOCIAL WORKER

SYMONS ELEMENTARY SCHOOL ~ EMILY FITZGERALD



## 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](http://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.

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

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