

APRIL 27, 2020

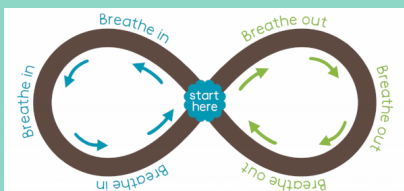
A NOTE FROM THE SCHOOL SOCIAL WORKER

SYMONS ELEMENTARY SCHOOL ~ EMILY FITZGERALD



LAZY 8 BREATHING

START WITH THE 8 ON IT'S SIDE AND START IN THE MIDDLE. GO UP TO THE LEFT AND TRACE THE LEFT PART OF THE 8 WITH YOUR FINGER WHILE YOU BREATHE IN. WHEN YOU GET TO THE MIDDLE OF THE 8 AGAIN, BREATHE OUT WHILE YOU TRACE THE RIGHT PART OF THE 8 WITH YOUR FINGER.



COPINGSKILLSFORKIDS.COM

FOR THE STUDENT

GEORGIE AND THE GIANT GERM A COLORING BOOK

Children may have a hard time understanding the coronavirus, school closures, and the stay-at-home order. Often when they don't have the words to express their concerns or their questions, they may develop worries and fears. The attached coloring book was written to help adults and children have open conversations about the coronavirus, and to give children a way to express their feelings and calm their worries.

[CLICK HERE TO DOWNLOAD THE COLORING BOOK](#)



FOR THE PARENT

WHEN YOUR CHILD MAKES YOU WANT TO SCREAM: 10 STEPS TO CALM, CONNECT, & TEACH
BY AHA! PARENTING BLOG

We've been at home now for six full weeks, and if your house is like most, there have been some highs and some lows, complete with an abundance of meltdowns (and the kids have probably had a hard time, too!) If your child has ever made you want to scream, you've probably already discovered that yelling rarely helps the situation, often makes it worse, and usually ends with everyone feeling terrible. Check out this article from Aha Parenting for some practical suggestions for how you can turn these difficult moments into opportunities for self-care and connection with your child.

[CLICK HERE TO READ THE FULL ARTICLE BY AHA! PARENTING BLOG](#)

resource spotlight:

Food Gatherers

THE FOOD GATHERERS AVAILABLE FOOD LIST IS A LIST OF 39 FOOD PANTRIES IN THE WASHTENAW COUNTY AREA. THERE IS ALSO A LIST OF FREE SCHOOL MEALS THROUGHOUT THE COUNTY THAT YOU CAN ACCESS IF YOU LIVE IN A DISTRICT OUTSIDE OF MILAN AREA SCHOOLS.

[CLICK HERE TO VIEW THE FOOD GATHERERS AVAILABLE FOOD LIST](#)

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

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