

JUNE 5, 2020

A NOTE FROM THE SCHOOL SOCIAL WORKER

SYMONS ELEMENTARY SCHOOL ~ EMILY FITZGERALD



PRACTICE MINDFULNESS

MINDFULNESS HELPS YOU LEARN HOW TO BE IN THE MOMENT. IT IS A GREAT SKILL TO LEARN TO HELP CALM DOWN BIG FEELINGS AND RELAX YOUR MIND, BODY, AND SOUL. HELP YOUR CHILD PRACTICE MINDFULNESS BY GOING ON A SCAVENGER HUNT! DOWNLOAD THIS FREE SCAVENGER HUNT AND YOUR CHILD CAN PRACTICE BEING MINDFUL INDOORS AND OUTDOORS!



[CLICK HERE](#)

TEACHERSPAYTEACHERS.COM

FOR THE STUDENT

MY 2020 COVID-19 TIME CAPSULE FROM [FUN4TALLYKIDS.COM](https://www.fun4tallykids.com)

While our children may not yet realize it, they are living through a significant moment in history. The end of the school year is often a time of reflection, and this year more than most it can be healing and helpful for students to pause and consider who they are right now, and what these past few months have been like for them. Print off this COVID-19 Time Capsule as a way of allowing your children to preserve their experiences and memories of who they are at this moment.

[CLICK HERE TO DOWNLOAD THE COVID-19 TIME CAPSULE PDF](#)



FOR THE PARENT

RESOURCES FOR FAMILIES TO TALK TO KIDS ABOUT RACE, RACISM, AND RESISTANCE

We, too, are living through a time that will long be remembered, not only for the pandemic, but also for the recent events involving Ahmaud Arbury, George Floyd, and the outpouring of public sentiment that has been expressed through protests across the country. If you're considering engaging your children in discussions about race, racism, and resistance, you may be interested in the below "Resource Round Up" for parents, or this list of children's books that can support these conversations.

[YOUR KIDS AREN'T TOO YOUNG TO TALK ABOUT RACE: RESOURCE ROUND UP](#)

[31 CHILDREN'S BOOKS TO SUPPORT CONVERSATIONS ON RACE, RACISM, AND RESISTANCE](#)

resource spotlight: CHILD MIND INSTITUTE

THE CHILD MIND INSTITUTE HAS AN ABUNDANCE OF RESOURCES ONLINE IN ORDER TO HELP PARENTS NAVIGATE THE CHALLENGES OF PARENTING. LOOK INTO A NUMBER OF CONCERNS (INCLUDING: ANXIETY, BULLYING, MEDIA AND TECH, SLEEP, SIBLINGS AND SO MANY OTHERS!) OR LOOK UP INFORMATION ON A VARIETY OF MENTAL HEALTH DIAGNOSES (INCLUDING: SELECTIVE MUTISM, EATING DISORDERS, BEHAVIOR AND CONDUCT DISORDERS, ETC). THERE ARE A VARIETY OF RESOURCES TO HELP PARENTS, JUST TAKE A LOOK!

[CLICK HERE FOR CHILD MIND INSTITUTE](#)

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

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