

MAY 22, 2020

# A NOTE FROM THE SCHOOL SOCIAL WORKER

SYMONS ELEMENTARY SCHOOL ~ EMILY FITZGERALD



## COSMIC KIDS YOGA

YOGA IS A GREAT WAY FOR CHILDREN TO STAY ACTIVE AND PRACTICE BEING MINDFUL AND RELAXATION. YOGA IS A CREATE COPING SKILL THAT STUDENTS CAN USE TO CALM THEIR BODIES AND GET RID OF EVERYDAY WORRIES AND STRESS. TRY COSMIC KIDS YOGA ON YOUTUBE. IT HAS HOURS OF YOGA VIDEOS FOR YOUR CHILD TO FOLLOW ALONG AND PRACTICE WITH. THERE IS EVEN AN APP!



[CLICK HERE FOR COSMIC KIDS YOGA ON YOUTUBE](#)

## FOR THE STUDENT

KIDS' 7 MINUTE HIIT WORKOUT POSTER  
FROM HES-EXTRAORDINARY.COM

You may have noticed that there are certain times of the day when your child's behavior starts to escalate (whining, pouting, complaining, saying "no" to everything) and may even become a full-on meltdown (crying, yelling, throwing things). If so, consider adding this seven minute high-intensity workout to your child's daily routine. Exercise that raises the heart-rate has been proven to lower levels of cortisol and adrenaline (chemicals in our body that are related to stress and dysregulation) and to increase levels of dopamine (the chemical associated with feelings of happiness.) This activity is a fun and powerful way to help your child regulate their feelings and behaviors, and is best used just before the time of day when they typically start to unravel. Try it, and have fun!

[CLICK HERE TO VIEW THE POSTER AND READ MORE](#)



## FOR THE PARENT

### THRIVE WITH YOUR FAMILY WEB SERIES FROM C.S. MOTT CHILDREN'S HOSPITAL - MICHIGAN MEDICINE

Thrive With Your Family is a weekly video series from Mott Children's Hospital that focuses on issues related to parenting, behavior, mental health, working from home, and other challenges that have come up during this time. Recent topics have included:

- Managing screen time for your kids
- Juggling work and home
- Responding to children's "crazy" behavior
- Self-care
- Managing sleep regression
- Helping siblings resolve conflicts that arise after being "cooped up" together for too long

You can watch the series live on Tuesdays at noon, or watch any of the previous episodes by clicking the link below.

[CLICK HERE TO WATCH LIVE OR ACCESS PREVIOUS EPISODES](#)



### resource spotlight: Washtenaw County Crisis Team

IF YOU ARE A RESIDENT OF WASHTENAW COUNTY, YOU HAVE ACCESS TO WASHTENAW COUNTY'S MOBILE CRISIS TEAM, WHICH IS AVAILABLE FOR MENTAL HEALTH CONCERNS AND EMERGENCIES. THIS RESOURCE IS AVAILABLE 24/7 AS A FREE RESOURCE FOR RESIDENTS. IF YOU CONTACT THE CRISIS TEAM, THEY WILL SEND TRAINED MENTAL HEALTH PROFESSIONALS TO YOUR HOME TO CONDUCT AN ASSESSMENT, PROVIDE STABILIZATION, AND FACILITATE CONNECTIONS WITH OTHER COMMUNITY RESOURCES. THE CRISIS TEAM CAN BE CONTACTED FOR CONCERNS RELATED TO SUICIDAL IDEATION OR SELF-HARM, AMONG ANY OTHER TYPES OF EMERGENCY MENTAL HEALTH CONCERNS.  
CALL: **734-544-3050**

IF YOU ARE A RESIDENT OF MONROE COUNTY AND HAVE CONCERNS ABOUT SUICIDAL IDEATION, PLEASE CONTACT THE 24-HOUR SUICIDE HOTLINE AT **800-886-7340**.

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

EMILY FITZGERALD  
FITZGERALDE@MILANAREASCHOOLS.ORG