



We know that this past week has been extremely stressful, and these upcoming weeks hold more questions than answers.

We wanted to provide some tips and tricks for the next two weeks at home. We hope that these can help out in any way over this time period.

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## What should I tell my children?

[The Yucky Bug by Julia Cook](#)

[The Ultimate Kids' Guide to the New Coronavirus](#)

[Talking to Kids about the Coronavirus](#)

[Kids Health: COVID-19 How to Talk to Your Child](#)

[Counselor Keri](#)

[Brain Pop: Coronavirus](#)

## Fun Coping Skills to Try!

[Go Noodle](#)

[How to make a stressball](#)

[How to make a mindfulness jar](#)

## Create a schedule for your day

### *Start with their school routine*

Use school as the framework and honor what had been your child's routine:

- 1) When are they used to having breakfast?  
Snack? Lunch?
- 2) When is recess?
- 3) Break the day into small chunks much like school does with subjects.
- 4) If your child has received optional at-home activities from his/her teacher, do they work best in the morning or afternoon?

### *Dedicate time to play*

### *Build in Reading*

### *Go to recess*

### *Make screen time a routine*

## Who should I call if I need help?

- 1) Re:Solve Crisis Network
  - a. 1-888-796-8226
- 2) Your Local Police Department
  - a. 911