

Hello Hyde-Addison Families!

We hope that you and your loved ones are well and know that you, like all of us, are figuring out how to navigate the challenges we face as the COVID-19 pandemic evolves. We know parents and caregivers are struggling to balance work, childcare, and self-care, while keeping worries-both your children's and your own- under control. During this time, the Student Support Team welcomes the opportunity to be a resource for you and your family. Below are some helpful links to help support you during this difficult time. We are so grateful to have all of you as part of the Hyde-Addison community!



Mrs. McLaurin, School Social Worker

Mrs. Leopold, School Psychologist

## SEL(f)-Care

Take a moment and think about the opportunities or joy that you have been able to witness over these last few days. Maybe it's the opportunity to catch up with friends that you haven't spoken to in a while because of your busy schedule, or the ability to spend quality time with your family.... I mean like going on a family walk at lunch time or having all the siblings back in the house at the same time, or maybe even your willingness to "wing it" in areas that we don't have all the answers to.

Take a moment to think about this time and give yourself the ability to say that you are TRYING, you are CREATIVE, and you will **C.O.M.M.I.T!**

**C**reate

**O**utstanding

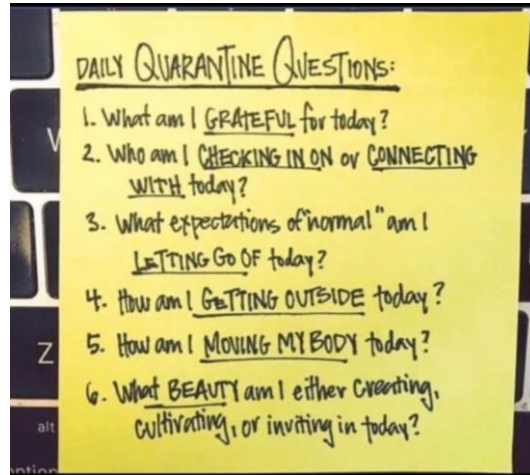
**M**eaningful

**M**emories

**I**n

**T**ransition

There is no better time than **NOW** to **C.O.M.M.I.T.** Whether you want to perfect that recipe, build that summer body, spend more time with the family, or finally create a personal wellness routine that is just right for you, **C.O.M.M.I.T** and put it in motion!



[More Self-Care Resources](#)

## Elementary

### **Structuring the Day for Kids**

Children thrive off structure and predictability. It provides them with a sense of safety, reduces, anxiety, and gives them a sense of purpose for their day. As for caregivers, it can provide sanity, especially while children are home all day.

Below are sample schedules for parents and caregivers to adapt to fit the needs of their daily lives. These schedules were created by DCPS educators and parents. Parents should always reach out to their teacher first for a recommended schedule. Check back next week for some enriching hands-on-activities that children can do independently or with the family.

ELEMENTARY 1	
8-9am	Morning Routine
9-10am	SEL Activity & Online Distance Learning
10-11am	Online Distance Learning
11am-12pm	Movement Break, Journal Writing, And Snack
12-1pm	Lunch
1-2pm	Quiet Time, Nap, or Screen Time
2-3pm	Free Play

**SEL 2020**

ELEMENTARY 2	
9-9:30am	Morning Meeting with Teacher
9:30-10:30am	Math: Online Learning
10:30am	Snack Break
10:40am-12pm	Literacy: Online Learning or Book Study
12-1pm	Virtual Lunch Date with Class Peers and Teacher (optional)
1-2pm	Independent Research or Writing
2-3pm	10 Minute Break & Science

**2020**

## Emotional Management

Children may have feelings and concerns about COVID-19. Some may be hoarding their emotions because they are unable to name their feeling. Others may be experiencing stress or anxiety with social distancing and/or distance learning. Try the following tips to help children self-regulate their emotions at home.

1. Help them name how they are feeling. If they are unable, state it simply for them, “I see you are worried.” “I am noticing you are upset.”
2. Provide space and time for a movement break. The following resources are used in classrooms throughout the district, why not bring the movement home.
  - a. Click here to check out [Go Noodle](#) YouTube channel for an upbeat dance party with some of the kid-friendly songs.

2. Check out Second Step Mind Yeti®: Fifteen of Second Step's mindfulness program sessions are now available for anyone to use, no experience necessary! Designed for educators and families to do alongside children, or for older children to do on their own, Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.

**Mind Yeti on Vimeo:** [English](#) | [Spanish](#)

**Mind Yeti on YouTube:** [English](#) | [Spanish](#)

**Mind Yeti Podcast:** [RSS Feed](#) | [Spotify](#) | [Stitcher](#)

### **Additional Resources:**

#### **Establishing Routine**

- [Morning Routine Tip Sheet](#)
- [Bedroom Routine Tip Sheet](#)
- [Bedtime Tip Sheet Spanish](#)
- [Establishing Mealtime Routines for Children Tip Sheet](#)
- [Bath Time Tip Sheet Spanish](#)
- [Establishing Toileting Routines for Children Tip Sheet](#)
- [Toileting Routines for Children Spanish](#)

#### **Managing Emotions and Behaviors**

- [Managing Stress and Anxiety](#)
- [Emotions Chart](#)
- [Activities to Teach Children Impulse Control](#)
- [Link to Coronavirus Social Story for Kids](#)
- [Activities to Teach Children Impulse Control](#)
- [Anger Rating Chart](#)
- [Emotions Chart](#)
- [How to Help a Child Struggling with Anxiety](#)