

Primary

[The Yucky Bug by Julia Cook](#) Watch the Yucky Bug with your kids, YouTube Video.

Discussion Questions:

1. What are the Magic 5? Pick one and Re-teach it to a Family Member.
2. What are different ways you and your family are staying safe?
3. When you're feeling scared like Junior, what can you do to feel better?
4. What do you like about staying home and healthy? What do you not like?
5. What are some fun activities you have been able to enjoy while avoiding the Yucky Bug?

Follow Through Activities:

Think about someone you wish you could visit. Write them an email or letter and mail it to them. Make a list of all the ways you are “strong” (i.e. I am kind to others; I am a great soccer player; I am an amazing dancer)

Additional Family Resource:

<https://www.juliacookonline.com/assets/uploads/2020/03/Yucky-Bug.pdf>

Intermediate

Optional Script to Post

Your child may be on technology a lot more than usual in the coming weeks. They might be gaming with friends online, texting with a friend, or recording a YouTube video. Technology has benefited our lives greatly and can also be a challenge – especially when it comes to deciding what to share and how much. Help your child develop a healthy digital footprint by discussing the long-term consequences of posting pictures and videos online. Watch these videos together to get the conversation started: <https://youtu.be/ottnH427Fr8> or <https://youtu.be/yrln8nyVBLU>

Cyberbullying video: [How to Beat Cyberbullies](#)

Internet Safety video: [Safe Web Surfing: Top Tips for Kids and Teens Online](#)

Parent

Parent Toolkit: Calming Strategies: [Stress Less: Calming Strategies](#)

Dear Families,

The Coronavirus (COVID-19) brings with it feelings of anxiety, stress, disappointment, and uncertainty. These feelings may be especially strong in children of all ages. Though all children deal with strong emotions in different ways, if your child has been faced with school closures, cancelled events or separation from friends, they are going to need to feel loved and supported now more than ever. Families have been stretched to the limit to take on the new role of teaching and learning from

home. Routines and structure are important to establish a sense of stability during this time. Try to get up, get dressed, eat breakfast and create times in your schedule for learning, but don't forget to schedule time to take care of your own needs.

Many of our elementary schools have been using Social Emotional Learning curriculum to teach students specific skills for calming down those strong feelings. Over the next weeks, we'll be sharing some ways that parents can help create a sense of calmness and normalcy at home. We'll also be sharing things that parents can do to help their children navigate "the new normal." It all begins with self-care. As a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury, it's essential. During this difficult time when children are home and stress is running high, self-care is now more important than ever. Remember to spend time with your family. Consider taking a walk outside to notice the new springtime growth on plants and trees, listen to birds chirping and notice the skies are quiet and less crowded with airplanes.

Although we aren't at school, we are still thinking about you. If you have questions or concerns you would like to share with a staff member, click here to see the staff directory: [directory](#)

Take Care of Yourself

It can be hard to find the time or energy for self-care during a crisis, but it's important that you take care of yourself first so you're able to support your children. Finding ways to take care of yourself and manage your own emotions first is akin to adults putting on their oxygen masks before helping children with theirs. Here are some self-care strategies:

- Take time each day to notice what you're feeling and use an emotion-management strategy to find calm.
- Check in on your self-talk and reframe the situation in positive ways as best you can.
- Identify and reach out to people who can provide you with support. Connect with them on a regular basis.

Stay Connected

With schools closed, and our current orders to stay home, try to find ways to connect with your friends, family, and colleagues. These connections will help you maintain your own social-emotional health.

