

confident parents confident kids

A site for parents actively supporting kids' social and emotional development



<https://confidentparentsconfidentkids.org/2020/04/28/you-said-survey-results-and-the-be>

We're all in this
TOGETHER



♥ Pete H. Reynolds

SOME FAMILIES ARE FOCUSING ON
SCHOOL WORK

SOME FAMILIES ARE FOCUSING ON
MENTAL HEALTH

SOME FAMILIES ARE FOCUSING ON
SURVIVAL

@TEACHERGOALS

DIFFERENT FAMILIES HAVE DIFFERENT NEEDS
SUPPORT THEM ALL

<https://heartmindonline.org/resources/for-families>



Mindful Techniques from Responsive Classroom

PUT IT IN NEUTRAL: TO PUT YOURSELF IN NEUTRAL, YOU HAVE TO FIND STILLNESS TO OBSERVE YOURSELF AND WHERE YOU'RE CURRENTLY SITUATED IN THE WORLD:

https://info.responsiveclassroom.org/hubfs/Mindfulness_Activity_Adults_v1.pdf?utm_campaign=COVID-19%20Resources&utm_source=hs_email&utm_medium=email&utm_content=86151014&_hsenc=p2ANqtz--C0ZTUIFpSNsBCloD8w8tH6JANt_Hz4OGwV5etnQZ36J6QqDt739UNwuCLQpmW-zxfInfJLsJ2uvX-PDicWHkxU0xNowBsxwbEdeqWOvg9dWZzoQk&_hsmi=86151014

RESET EXPERIENCES: TO RESET EXPERIENCES IS TO ADOPT A LEARNING PERSPECTIVE, ONE THAT IS OPEN TO NEW PATTERNS AND FINDING NEW LENSES WITH WHICH TO SEE THE WORLD

https://info.responsiveclassroom.org/hubfs/Mindfulness_Activity_K-4_v2.pdf?utm_campaign=COVID-19%20Resources&utm_source=hs_email&utm_medium=email&utm_content=86151014&_hsenc=p2ANqtz--C0ZTUIFpSNsBCloD8w8tH6JANt_Hz4OGwV5etnQZ36J6QqDt739UNwuCLQpmW-zxfInfJLsJ2uvX-PDicWHkxU0xNowBsxwbEdeqWOvg9dWZzoQk&_hsmi=86151014

TO LIVE IN THE MOMENT IS TO SAVOR THE WORK AND VALUE THE DAILY PROCESS IT TAKES TO ACHIEVE A GOAL

https://info.responsiveclassroom.org/hubfs/Mindfulness_Activity_5-8_v1.pdf?utm_campaign=COVID-19%20Resources&utm_source=hs_email&utm_medium=email&utm_content=86151014&_hsenc=p2ANqtz--C0ZTUIFpSNsBCloD8w8tH6JANt_Hz4OGwV5etnQZ36J6QqDt739UNwuCLQpmW-zxfInfJLsJ2uvX-PDicWHkxU0xNowBsxwbEdeqWOvg9dWZzoQk&_hsmi=86151014



Sesame Street created this website to support families during this time:

<https://www.sesamestreet.org/caring>

Artmaker is a tool where children can draw their feelings and thoughts:

<https://sesamestreetformilitaryfamilies.org/games/artmaker/?play=self-expression>

Feeling Faces is a tool where children can explore many different feelings:

<https://sesamestreetformilitaryfamilies.org/game/feeling-faces/>

Mood Monster By playing with the Mood Monster, you can help your child explore how our faces and bodies express emotions:

<https://sesamestreetformilitaryfamilies.org/games/kids-games/?play=mood-monster>

Big Bird's Cozy Nest In *Comfy-Cozy Nest*, Big Bird imagines his safe place inside:

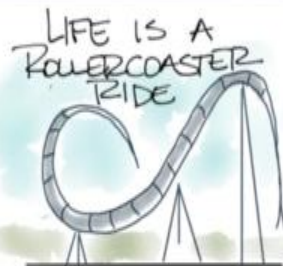
<https://sesamestreetformilitaryfamilies.org/games/kids-games/?play=big-birds-comfy-cozy-nest>

HELPING CHILDREN MANAGE EMOTIONS IN UNCERTAIN TIMES

MARC BRACKETT @MacBrackett ROBIN STEIN @RobinStein



EMOTION
REGULATION



STAY UP AS YOUR
BEST SELF



- BE A ROLE MODEL
- LEAD WITH EMPATHY AND COMPASSION
- STRATEGIZE
 - BREATHE
 - WALK
- POSITIVE SELF-TALK
- CREATIVE PROBLEM-SOLVING



AS YOU GROW OLDER,
YOU WILL DISCOVER
YOU HAVE TWO HANDS,
ONE FOR HELPING
YOURSELF, THE OTHER
FOR HELPING OTHERS.



jillgoughnotes
04.24.2020

The MoodMasters Life Lessons
First Aid for Feelings A Workbook to
Help Kids Cope During the
Coronavirus Pandemic By Denise Daniels,
RN, MS YALE CHILD STUDY CENTER +
SCHOLASTIC COLLABORATIVE for Child & Family
Resilience

http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf

http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Spa.pdf



Be a
rainbow in
someone
else's
cloud.

Maya Angelou

www.planetSARK.com

<https://email.helloyumi.com/assets/Rainbows-in-Windows-Presented-by-Yumi.pdf>



My Hero is You How Kids Can Fight COVID 19

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19%20%28Spanish%29_1.pdf

*Please know...there is a part in the story that talks about someone passing away from the virus...

SEL Tip for the Day

Unite Your Family With the Global Pledge of Allegiance

We pledge allegiance to the families of our world, that we recognize we are closer and more connected than we may seem. And through the love for which we stand, one world, many beliefs, indivisible, with liberty, health, safety, and justice for all.

Source: Jennifer S. Miller, <https://confidentparentsconfidentkids.org/>



