

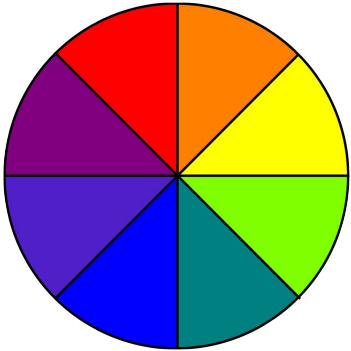
# **Tips and Tricks to Stay Focused!**



# Timers/Spinners



Click the pig or pear for online timers.



Click the colored spinner for online spinners.



Young, growing brains need lots of breaks during the day to let the learning sink in! Be sure to take time once or twice an hour to rest your busy brain. The links below are some ideas to keep your brain breaks fresh!

Watch this Mindfulness  
Video - Use your  
Google Account



Wiggle it Out!  
Click the GoNoodle  
logo below for some  
dance moves.



Videos for little learners!



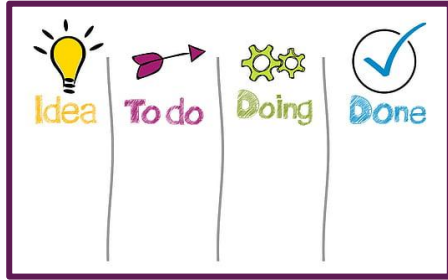
Zen Den: Be the Pond

Click the logo to play this  
week's game or to access  
other fun activities!

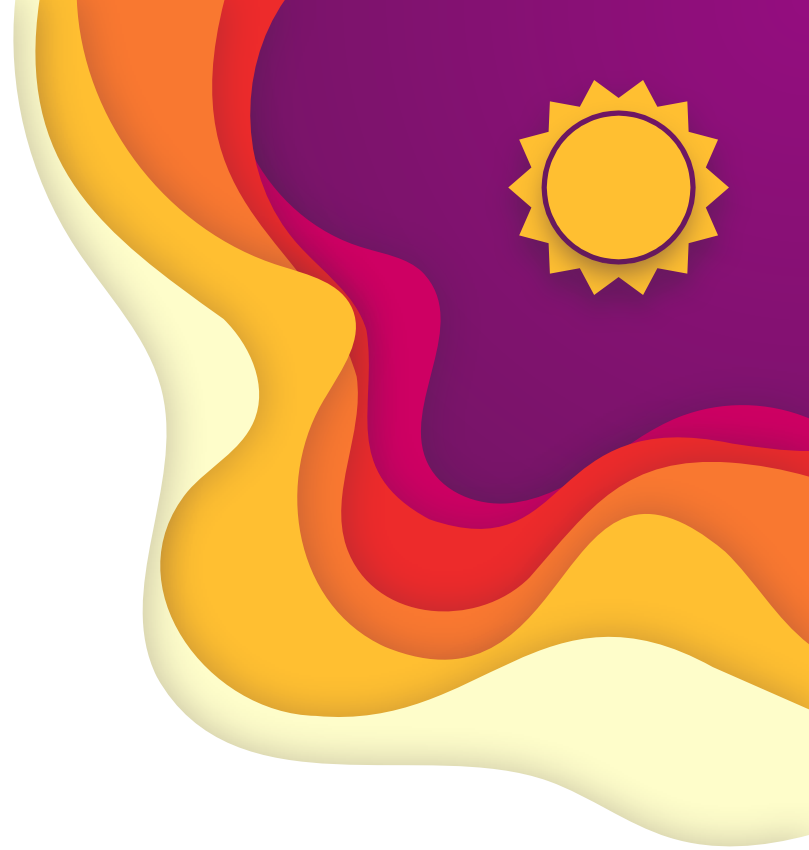


**MOVEMENT  
BREAKS for  
your Body and  
Brain!**

# Graphic Organizers



Click the picture  
for a list of  
COOL graphic  
organizers!



# EXTENSIONS FOR CHROMEBOOKS



chrome



Click here for extensions.

## SCHEDULES

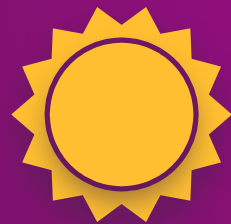
Since changes in routine can be stressful, it will be helpful to talk with your kids about why they are staying home and what your daily structure will be during this time. Let them help create a daily schedule that can hang on the refrigerator or somewhere they can see it each day. Be sure to include breaks from tele-work or schoolwork to relax and connect with each other

SAMPLE #1

SAMPLE #2

SAMPLE #3

SAMPLE #4







# Thanks!

**Any questions?**

You can find me at:  
@username · user@mail.me