Dear Families,

Below, kindly find some resources that may be helpful during this time. We hope that you are all safe and healthy.
We are available by email during our office hours: Monday - Friday 10: 00 am to 11: 00am & 1:00 pm to 2:00 pm Please feel free to reach out to us as needed.

The FMS School Counseling Team,
Ms. Bellas and Ms. Perez

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| Talking to Kids About the Coronavirus (Child Mind Institute) Referred by the American School Counselor Association | The American School Counselor Association has suggested reading this article from the Child Mind Institute as a way of helping children understand our current situation. |
| How to explain Coronavirus to a Child with Anxiety | This article shares some helpful hints for families with a child who has anxiety. |
| Brain Pop for Students on Coronavirus Facts | This video shares developmentally appropriate information with students on the Coronavirus Covid-19 |
| Scholastic Learn At Home | This link will provide parents with multiple days of resources for children. The site is organized by grade level. |
| Giant List of Ideas for Being Home with Kids 20 Screen-Free Activities | Do you need some activities to do with your children? These links will provide some fun ideas. |
| Khan Academy Schedule | Here are some suggestions from Khan Academy for daily scheduling. The recommendations are separated by grade level. |
| Best Family Movies by Common Sense Media | This link provides some suggestions for a family movie night. |
| List of Education Companies Offering Free Subscriptions | Several Companies are offering free subscriptions due to school closures. Please feel free to scroll through the list and choose programs that your children would enjoy. |
| Nightly Metropolitan Opera Streams Seattle Symphony Live Broadcasts | The Seattle Symphony and Metropolitan Opera are sharing performances online. |

| Applications or Websites offering Free Trials or Subscriptions |
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| Calm App |
| Headspace |
| Stop, Breathe, Think |
| Relax |

Here is a sample schedule that you can use with your children to maintain a sense of normalcy, structure and routine.

# COVID-19 DAILY SCHEDULE

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| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Family walk with the dog<br>Yoga if it's raining |
| 10:00-11:00 | Academic time | NO ELECTRONICS<br>Soduku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Legos, magnatiles, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A- wipe all kitchen table and chairs.<br>B - wipe all door handles, light switches, and desk tops.<br>C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30 | Quiet time | Reading, puzzles, nap |
| 2:30-4:00 | Academic time | ELECTRONICS OK<br>Ipad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid showers x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |