

FOR PARENTS:

Theme of the week: **CHANGE**

Statement for Parents about **Change** during this time:

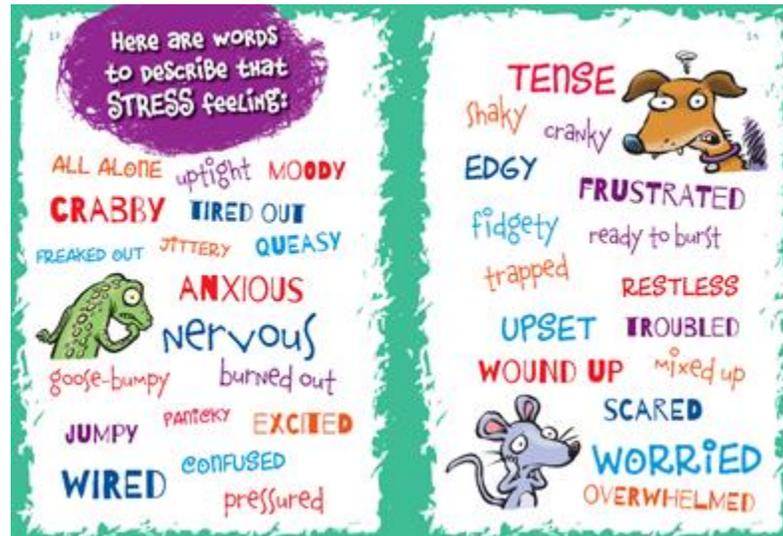
Change is something that is constantly happening, some changes are big and some are small. The small ones pass us by without a second thought, but when big changes hit they can be difficult to navigate. When a big change comes our way instead of focusing on solving everything at once simply focus on what the next thing is you should do. When we don't have answers for all of our questions we can calm our anxiety and stress by only focusing on "the next thing". "The next thing" doesn't require perfection and may not be what others are telling you to do. It might just be "the next thing" for you and your family. Be careful not to compare yourself to the "parenting" you see on Social Media. Remind yourself that it is a highlight reel of a person's day. Change isn't always easy in the moment, but can produce beautiful things.

Integrating the theme into the Home:

- **Remind** your children of big changes that they have gone through in the past.
 - **Identify** ways they got through those changes in the past.
 - **Focus** on the positive outcomes from previous changes.
- **Watch** for signs of stress in yourself and your children.
 - For those who communicate stress through **behavior**.
 - When you notice behavior changes in your child have them **identify** what they are feeling.
 - Behavior changes to look for
 - Increased frustration or anger
 - Increased silliness and hyperactivity
 - Withdrawing from family
 - Increased drama and exaggeration
 - Unable to make decisions
 - Negative self-talk
 - Complaining of stomach aches or headaches
 - Bed wetting
 - Difficulty sleeping
 - For those who communicate stress through **words**.
 - When your children say they are "stressed" have them identify the emotion they are feeling.

○ This is not a natural activity and may take time for your children to get used to.

- If your child says “I don’t know” tell them “I would really like to know how you are feeling. When you figure it out please let me know”.
- For younger children you may have to give them examples of feelings words –



- Use your own stress during this time as an example.
 - When I said I was “stressed” yesterday what I was really saying is “I’m tired and feeling overwhelmed at the moment”.
 - Being able to communicate what we are really feeling allows us to process those thoughts and emotions.
- **Parent** with wisdom and not fear.
 - **Identify** wise steps to take during this time of change.
 - Staying home
 - Creating fun new ways to say “Hi”, “Goodbye”, “I love you”, etc.
 - Washing hands
 - Coughing into our elbows
 - **Avoid** using fear statements –
 - **Instead** of saying “wash your hands or you will get sick” **say** “we should wash our hands regularly for good hygiene”.
 - **Limit** exposure to news media (including social media).
- **Establish** a New Normal

- **Implement** a schedule that works for your family.
- **Normalize** things as much as possible.
- **Focus** on the positive things of the *New Normal*.

Resources (Banded by grade level - books, articles, you tube videos etc)

- (K-2) [Daniel Tiger's Neighborhood](#) - Daniel Uses His Words - All Aboard!
- (K-4) [The Color Monster](#) - 'The Color Monster' is here to teach children about feelings, as each beautiful color leads to an emotion. It will also help children build understanding and empathy towards others, as in the story the emotions are attached to deep descriptions of how the little furry Monster feels inside and how he is able to cope.
- (K-4) [Zen Den Cosmic Kids Yoga - Mindfulness and Feelings](#) - Your feelings come and go. If you are the pond, let the scary feelings swim by like the fish.
- (K-4) [The Invisible String Read Aloud](#) - The Invisible String is a very simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember.
- (K-6) [Even Superheroes Have Bad Days](#) - Sometimes superheroes are not in very good moods. However, they always seem to make the right decisions.
- (K-12) The ABCs of Gratitude - You can say these out loud or write them down.
 - Write something you are grateful for for each letter of the alphabet.
 - Ex.
 - A - AirPods
 - B - Basketball
 - C - Comics
- (K-12) The G.L.A.D. Technique - you can say these out loud or write them down.
 - **G**rateful - What is something you are thankful for today?
 - **L**earned - What is something new you learned today?
 - **A**ccomplished - What is one thing you accomplished today?
 - **D**elighted - What is one thing that made you laugh today?
- (7-12) - [Helping your teen deal with change](#) - Article on helping teenagers deal with change.
- (7-12th) [17 Highly Effective Stress Relievers](#) - Article to identify positive ways to help deal with stress.

Additional Technology Apps/Resources



Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Sleep, meditation, and relaxation are in your hands with Calm, another popular mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories.



Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down.



The Mindshift app helps manage and decrease anxiety for people of all ages, and is used across the world.



What's Up? uses techniques from both Cognitive Behavioral Therapy and Acceptance Commitment Therapy to help users cope with issues like anxiety, depression, and anger. The app offers a diary feature with a scale for rating your emotions, a "catastrophe scale" to help you put problems in perspective, breathing techniques, and an interactive question game to keep you feeling grounded during stressful moments.



Stop, Breathe, and Think is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.