

To our wonderful school families, here are some resources on a variety of topics to help us all through this new and challenging time. These resources will help students ease their mind, bodies, and keep their emotional learning moving forward.

KiwiCo - They have free resources for at home activities to keep your kids busy, learning, and understanding germs and the science behind a virus.

https://www.kiwico.com/kids-at-home?utm_medium=email&utm_source=blast&utm_content=update&utm_campaign=lg-30-031520

Youtube resources: (Type in the bold print)

1. **Cosmic Kids Yoga** - Yoga with many different themes that incorporates deep breathing.
2. **Mind Yeti** - Guided breathing to help calm the mind and help increase focus.
3. **Mindfulness Meditation For Kids** - Great mindfulness exercise to calm the mind
4. **Cosmic Kids Zen Den** - Calm down exercises and mindfulness exercises
5. **Peace Out Guided Relaxation for Kids** - Very easy resource for relaxing at night

Free Apps:

1. **Smiling Mind** - Guided Imagery for Kids
2. **Balloon Breathing Game** - Fun breathing exercises
3. **Go Noodle** - This app is the same as the website
4. **YogaForKids** - Fun yoga poses and videos
5. **Yoga Workshop** - Helps kids identify emotions and do specific poses to help.

Go Noodle Website - A free resource to stay active inside with fun music, dancing, and activities.

Books on Youtube: Type in the bold print)

1. **Molly Lou Melon** - Great book about self esteem
2. **The Sandwich Swap** - All about not judging others and trying new things
3. **The Potato Chip Champ** - A book about kindness
4. **The Judgemental Flower** - A book about acceptance
5. **The Worst Day Of My Life Ever** - Wonderful book about perspective
6. **Wilma Jean the Worry Machine** - Very helpful if worrying is an issue
7. **The Feelings Book** - Helps identify feelings for children

Here is a list of activities to do at home with your children to encourage them to share their feelings:

- To help with **anxiety** or **worry**:
 1. Breath in as if you are smelling a flower, breath out like blowing out a candle

WHEN I TAKE A DEEP BREATH



1ST I SMELL THE FLOWER





2ND I BLOW OUT THE CANDLES

2. Hot Chocolate Breaths -









Calm Down Cocoa

Breathing Strategy

1. Pretend to hold a mug of hot cocoa. 
2. Breathe in through my nose to smell the hot cocoa. Slowly count 1, 2, 3, 4, 5. 
3. Breathe out through my mouth to blow on the hot cocoa to cool it. Slowly count 1, 2, 3, 4, 5. 
4. Repeat until I feel calm.

3. Progressive Muscle Relaxation - Release tension

PROGRESSIVE MUSCLE RELAXATION

	Take 3 Deep Breaths
	Squeeze your foot for 5 seconds, Relax
	Squeeze your leg for 5 seconds, Relax
	Squeeze your stomach for 5 seconds, Relax
	Shrug your shoulders for 5 seconds, Relax
	Squeeze your arm & hand for 5 seconds, Relax
	Squeeze your whole body for 5 seconds, Relax
	Take 3 Deep Breaths

4. Butterfly Hugs -

BUTTERFLY HUG

Calm and soothe yourself with the butterfly hug when you are feeling sad, angry or hurt.



Take a moment while doing the butterfly hug and close your eyes.
.....
Using your imagination go to a place where you feel safe, calm, and happy.

What images, colors, sounds, and scents do you observe in your safe place?



PRACTICE SELF-SOOTHING

<p style="text-align: center; font-weight: bold; margin: 0;">1</p> <p style="font-size: x-small; margin: 0;">Cross both arms over your chest and place each hand on your shoulder. Breathe.</p>	<p style="text-align: center; font-weight: bold; margin: 0;">2</p> <p style="font-size: x-small; margin: 0;">Gently begin tapping each hand one at a time on your arms. Tap for 10 counts.</p>	<p style="text-align: center; font-weight: bold; margin: 0;">3</p> <p style="font-size: x-small; margin: 0;">Pause and take a deep breath. Continue tapping your arms until you feel more relaxed.</p>
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What is Relax Kids?

By Donja Martin

relax Kids
www.relaxkids.com

What is Relax Kids? Please let me explain...
It's using your body and calming your brain...
Through a Rainbow of colours, we explore and have fun
So let me tell you a bit more of each one.....

Through **RED** we get moving; we run and we shout,
We might imagine that we're flying, or dance all about
Chase balloons, be a robot, shake our worries away
We stomp, freeze and fizz; or float, jump and sway.



In **ORANGE** we play games, we laugh and have fun
We join in with our friends, we take turns and listen
Hug our friends like a bear, pass a smile or a squeeze
This is a time for us to "let go" and embrace our "funnies!"

Now with **YELLOW** we begin, to slow down our pace
By stretching our bodies, we learn not to race
Mighty like a mountain, we stand feeling strong
We balance on tiptoes, and make our bodies feel long



GREEN means we sit, with a partner, and massage with care
We gently stroke like a butterfly or smooth the coat of a bear
Make soft waves like the sea, or twinkling stars in the sky
Tapping like raindrops, or a round sun way up high



BLUE is for breathe, to settle and calm
It's time for our "Meerkat" to know there's no harm
Draw round a star, or blow on a feather
Gently we breathe, as we all sit together



Next is **BELIEVE** that helps us feel happy and strong
We learn we're special, and that we belong
We hear words that make us, feel all warm inside
These keep us safe, on life's difficult ride



Finally, it's **PURPLE**, our time to relax
We close our eyes gently, and lie down on our backs
Through magical stories, and enchantments we fly
Our mind and our body on clouds floating by



What is Relax Kids? Well, now you know more...
A special place, where children's hearts soar
Where laughter is heard and imaginations fly free
So why not come on this "magical adventure" with me.....

Para nuestras maravillosas familias escolares, aquí hay algunos recursos sobre una variedad de temas para ayudarnos a todos en este momento nuevo y desafiante. Estos recursos ayudarán a los estudiantes a relajar la mente, el cuerpo y mantener su aprendizaje emocional avanzando.

KiwiCo : tienen recursos gratuitos para actividades en el hogar para mantener a sus hijos ocupados, aprendiendo y entendiendo los gérmenes y la ciencia detrás de un virus.

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Recursos de Youtube: (Escriba lo que está en negro)

1. **Cosmic Kids Yoga** - Yoga con muchos temas diferentes que incorpora respiración profunda.
2. **Mind Yeti** : respiración guiada para ayudar a calmar la mente y aumentar la concentración.
3. **Mindfulness Meditation For Kids/ *La atención plena meditación para los niños*** - Gran ejercicio de conciencia para calmar la mente
4. **Cosmic Kids Zen Den/ *Cósmica niños Zen Den*** - ejercicios para relajarse y ejercicios de atención plena
5. **Peace Out Guided Relaxation for Kids/ *Paz hacia fuera relajación guiada para Niños*** - Recurso muy fácil para relajarse en la noche.

Free Apps:

1. **Smiling Mind**- imágenes guiadas para Niños
2. **Balloon Breathing Game**- Divertidos ejercicios de respiración
3. **Go Noodle** - Esta aplicación es la misma que la del sitio web
4. **Yoga For Kids** - Divertidas posturas de yoga y videos
5. **Yoga Workshop/ Taller de yoga** - Ayuda a los niños a identificar emociones y hacer poses específicas para ayudar.

Go Noodle Website : un recurso gratuito para mantenerse activo en el interior con música divertida, bailes y actividades.

Libros en Youtube: escriba la letra en negrita)

1. **Molly Lou Melon** - Gran libro sobre autoestima
2. **The Sandwich Swap** - Todo sobre no juzgar a los demás y probar cosas nuevas
3. **The Potato Chip Champ** - Un libro sobre la bondad
4. **The Judgmental Flower** - Un libro sobre la aceptación
5. **The Worst Day Of My Life Ever**: maravilloso libro sobre perspectiva
6. **Wilma Jean the Worry Machine** : muy útil si preocuparse es un problema

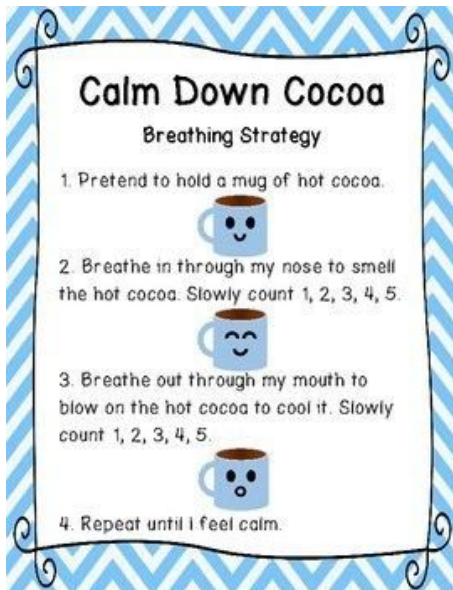
7. **The Feelings Book:** ayuda a identificar los sentimientos por los niños. Aquí hay una lista de actividades para hacer en casa con sus hijos para alentarlos a compartir sus sentimientos:

Para ayudar con la ansiedad o la preocupación:

1. Respire como si estuviera oliendo una flor, exhale como soplar una vela.











2. chocolate caliente - Libere la tensión



3. Relajación muscular progresiva -

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	Squeeze your whole body for 5 seconds, Relax
	Take 3 Deep Breaths

4. Abrazos de mariposa -



5. Relaje a los niños - ¡Este es un gran recordatorio para ayudarnos a enfocarnos en nuestra salud emocional, física y mental!

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