

Mindfulness Tips to Help Your Children at Home

This is a stressful and uncertain time for all of us. As you begin distance learning, here are some tips that may help you support your child:

- ❖ *Maintain and communicate predictable routines; this helps kids help maintain a sense of psychological safety*
- ❖ *Avoid watching the news in front of children as much as possible, as that can be upsetting*
- ❖ *Keep as much of a regular family routine as possible, and plan activities such as going for walks or hikes or playing board or video games together*
- ❖ *Encourage children to get fresh air and move when possible*
- ❖ *Share some of the many stories of hope and helping that have come out of this current crisis*
- ❖ *Share a positive affirmation of strength of your child – this can go a long way*
- ❖ *Recommend quick mindfulness or self-soothing exercises: smelling a flower or completing four-corner breathing before completing the lesson.*
 - *Four-corner breathing simply involves inhaling deeply and exhaling deeply four times. Students can complete this breathing exercise by standing up and taking one inhale and exhale breath while facing each of the four corners in a room.*
- ❖ *Model and normalize a range of emotions by giving students opportunities to express themselves in nonverbal ways. This may include drawing a picture about how their day is going or showing the most important thing that happened to them that day.*
- ❖ *Remember that, as adults, we are the best predictors of how our students and children are doing; they are watching and listening to us. When we take care of ourselves, we're showing them how they can take care of themselves, too.*

For academic help:

- *Please contact your child's teacher(s).*

For social emotional help:

- *Your students school counselors are available during regular school days, during school hours from (7:30am-2:00pm). If you have concerns after "school" hours, you can call or text Crisis Support Services of Nevada 24/7 at 1800-273-8255, or text CARE to 839863.*

For various community resources:

- *Go to the WCSD website, click on distance learning, then click on "family wellness" in the first paragraph.*