

Guidance Lessons- Week of May 11th

## **Early Childhood and Kindergarten**

Last week we started to think about what next year will be like. As this summer will be different than perhaps how your child remembers last summer (playing at the park, pools, etc).

Click below for an age-appropriate way to talk to your children about how to deal with uncertainty or worry.

<https://sesamestreetincommunities.org/topics/health-emergencies/?activity=feeling-worried-bundle>

Try practicing and modeling taking slow belly breaths with your child when they are upset.

Even as businesses begin to open up and some aspects of life start to return to normal, your children may still have questions or need reassurance. Please scroll to the bottom of this document for an article called “When Children Worry” from the Sesame Street in Communities website about how to talk with children about the virus and changes to their routines.

## **1st Grade**

For this last week of guidance, I want to focus on calming down strong feelings or worried feelings, which is something that we have talked about many times before! Do you guys remember the steps to calming down? If not, here they are:

1. Stop
2. Name your feeling
3. Use a calm down strategy (taking belly breaths, using positive self-talk, drawing, counting or taking a time out)

If you are able to access the internet, please watch this second step video!

<https://link.videoplatform.limelight.com/media/?mediaId=72dbc66a93be478f9abcb472faff03cd&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js>

If you're not able to access the video, you can still facilitate the following lesson at home:

Instructions:

1. Read the scenario
2. Talk through the positive self-talk you would use to calm down in each scenario
3. Talk about each scenario with the person in your home and tell them how you would respond and why

Scenarios:

(Examples of self-talk in parentheses)

-It's been a few weeks since you've seen your friends, and you're anxious about not seeing them. (I'll get to see them soon!)

-You're last up to kick in the kickball game, and the score is tied. You're worried you'll let down your team. (I can do this!)

-Your teacher gives you a math problem and you're not sure how to solve it.

## 2nd Grade

For this last week of guidance, I want to focus on calming down strong feelings or worried feelings, which is something that we have talked about many times before! Do you guys remember the steps to calming down? If not, here they are:

4. Stop
5. Name your feeling
6. Use a calm down strategy (taking belly breaths, using positive self-talk, drawing, counting or taking a time out)

If you are able to access the internet, please watch this second step video!

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If you're not able to access the video, you can still facilitate the following lesson at home:

Instructions:

1. Read the scenario
2. Write down the positive self-talk you would use to calm down in each scenario
3. Talk about each scenario with the person in your home and tell them how you would respond and why

Scenarios:

(Examples of self-talk in parentheses)

-It's been a few weeks since you've seen your friends, and you're anxious about not seeing them. (I'll get to see them soon!)

-You're last up to kick in the kickball game, and the score is tied. You're worried you'll let down your team. (I can do this!)

-It's your turn to present your book report, and you feel really anxious and can't remember what to say. (Focus. I can remember!)

### **3rd Grade**

As we bring the year to a close after being away from each other for a whole quarter, you may be feeling some different emotions, including sadness or disappointment. The end of the school year is often a fun time, with the talent show, field day, our barbeque, etc. It can feel very disappointing to miss out on those fun activities. You may also be having to miss out on fun activities at home. I know for me, it is hard to have Margot's 2nd birthday coming up soon and not be able to celebrate with our friends and family. We have talked before about dealing with feelings of disappointment, but this feels like a good time to revisit that. Please watch the lesson at the link below:

[https://link.videoplatform.limelight.com/media/?mediaId=bab2deee498f4a0a91ef5ee66e4b0f57&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js&utm\\_campaign=SS+Recorded+Video+Lessons&utm\\_medium=bitly&utm\\_source=K-5+Recorded+Video+Lessons](https://link.videoplatform.limelight.com/media/?mediaId=bab2deee498f4a0a91ef5ee66e4b0f57&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js&utm_campaign=SS+Recorded+Video+Lessons&utm_medium=bitly&utm_source=K-5+Recorded+Video+Lessons)

Even if you cannot access the video content, try to do the following:

1. Make a list of a few things you have felt disappointed about since we've been away from school.
2. Practice trying to use positive self talk to try to address each one of those issues. For example, I mentioned feeling disappointed about not having a big birthday party for my

daughter this year. But, I am still able to make the day special with my husband and Margot even though it's just the three of us. How can you make the best of situations that feel disappointing?

## **4th Grade**

Hello, 4th grade! For our final lesson this year we are going to re-visit something we have touched on before that might be helpful to you now and as we begin what will be an unusual summer. Some of you might be used to playing sports with friends in the summer, going to summer school, going to the pool, etc. All of that is going to look a bit different this year, and that might cause some anxiety. See the video below if you can, and if not you can still do the activity underneath.

[https://link.videoplatform.limelight.com/media/?mediaId=489a3d9e7a0540adab012b3c8beaf961&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js&utm\\_campaign=SS+Recorded+Video+Lessons&utm\\_medium=bitly&utm\\_source=K-5+Recorded+Video+Lessons](https://link.videoplatform.limelight.com/media/?mediaId=489a3d9e7a0540adab012b3c8beaf961&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js&utm_campaign=SS+Recorded+Video+Lessons&utm_medium=bitly&utm_source=K-5+Recorded+Video+Lessons)

1. Write down a list of things you might be feeling anxious about right now. This could be worries related to the virus, worries about family members or situations at home, or just concerns about how summer will be different this year.
2. Make a list of strategies you have to deal with each one of those items on your list. For example, belly breathing, writing in a journal, talking to an adult in your house or talking on the phone with a friend. What are some calming activities you can do at home or in your neighborhood? Sometimes it feels good to just walk your dog around the neighborhood or sit outside in the sun for a little while.

4th graders, I hope you are able to enjoy your summer! You are all cared for and have been missed!

## **5th Grade**

Hello, 5th grade! As we've been thinking about what next year will be like in middle school, you may have been feeling some uncertainty, worries or anxiety. So this week I wanted to leave you with some reminders about tools we have in our toolbox to help deal with anxiety as it comes up. Let's review our calm down steps:

### **Stop**

#### **Name your feeling**

**Then choose a calm down strategy: breathe, count, and use positive self-talk.**

If you face any challenging tasks this week, try using our steps to get calm and focus your energy on dealing with a problem.

[https://link.videoplatform.limelight.com/media/?mediaId=ae6e63bb58d64f50b43962c64b9c949d&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js&utm\\_campaign=SS+Recorded+Video+Lessons&utm\\_medium=bitly&utm\\_source=K-5+Recorded+Video+Lessons](https://link.videoplatform.limelight.com/media/?mediaId=ae6e63bb58d64f50b43962c64b9c949d&width=1024&height=576&playerForm=Player&embedMode=html&htmlPlayerFilename=limelightjs-player.js&utm_campaign=SS+Recorded+Video+Lessons&utm_medium=bitly&utm_source=K-5+Recorded+Video+Lessons)

I hope you have a good summer! Please feel free to email me, I would love to hear from you!

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### **When Children Worry**

We can't promise children that the people they love won't become sick or that things will get easier by a certain date, but we can provide as much a sense of safety as possible. Besides practicing breathing deep, here are some ways you might help ease children's worries:

- As much as possible, keep children away from news of COVID-19.

- When children are feeling worried, you can sit with them and encourage them to “draw it out.” Help children name their feeling (worried, anxious, afraid, sad, concerned, frustrated, and so on). Then ask, “What color is your feeling? What shape?” Help them label their picture with words or sentences. This works with any feeling (of course, there can be more than one feeling in a picture). You can model the strategy by drawing your own feelings, too.
- Encourage children to ask questions. Answer them simply but honestly, giving them just the information they are asking for. Often, knowing the facts (even if they are worrisome) is better than not knowing.
- Make one time of day (such as mealtime), or one area of the home (such as children’s bedrooms) a “no virus talk!” zone. In that zone, you might talk about things you want to do again once things change, favorite places you’ve been together, your favorite moment of the day so far, and something you’re looking forward to tomorrow.
- Explain that while we can’t control what’s happening in the world, we can control a lot of what happens in our home. Just by staying home, keeping safe distances, handwashing, and coughing and sneezing into our elbows, children help keep the whole family and many others safe.

You can also watch children for signs of stress. In preschool, these may include fear of being alone, bad dreams, “accidents” or constipation, bed-wetting, changes in appetite, or an increase in temper tantrums, whining, or clinginess. Besides the suggestions above, your extra hugs and reassurance, plus doing calming, comforting things at bedtime, can go a long way.

Years from now, your children will remember the times you were positive, patient, and calm. Even through this challenge, you can build a foundation of strength and resilience that can last a lifetime.