

Hello Garrison Families,

As we all navigate this new territory together, we wanted to reach out and offer families tips that help support the social emotional well being of students. The following are some suggestions that can help ease anxiety, stress, and feelings of being overwhelmed.

- Keep a predictable and stable routine for children and reassure them that they are safe.
- Limit your child's exposure to the news.
- Stick to regular sleep schedules and practice good sleep hygiene.
- We recognize limiting screen time will be difficult and that children and families use screens to connect to others. Try your best to monitor social interactions and social media use.
- Watch movies and TV shows together as a family instead of each member of the family on their own device.
- Try downloading these **apps** to help with practicing mindfulness and help reduce anxiety and stress:
 - Mindful Powers
 - Stop, Breathe, & Think
 - Ninja Focus: Kids Mindfulness
 - Smiling Mind
 - Go Noodle
 - Cosmic Kids: Yoga & Mindfulness

We have been added to Google classrooms in grades K-8 and will be adding Guidance lessons and resources for students at least once a week on this platform. If your child participated in counseling, we will be reaching out shortly. Below you will find a social emotional 'menu' of ideas to practice while at home! Please reach out with any questions or concerns. Stay well!

Sincerely,

Jessica VanDekker, jvandekker@gufs.org

Krista DiDiego, kdidiego@gufs.org

Social Emotional Menu



Talk about a time that you felt happy	Play a board game with someone	Do 20 jumping jacks	Read a book and name the character's emotions	Mindfully eat a piece of fruit. Slowly notice the taste.
Facetime or call a friend from school for a chat	Write down 5 positive words to describe yourself	Help a family member with a chore	Take a walk outside	List as many emotions you can think of
List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste	Interview a parent or relative on what life was like when they were your age	Talk or write about a time that you showed or recieved empathy	List 2 ways that help you solve a conflict	Watch a movie with your family
Listen to your favorite song	Do an act of kindness	Make a card and mail it to a nursing home, hospital, or Veteran	Close your eyes and take 10 deep breaths	Play emotion charades with your family. Can they guess what you're feeling?
Compliment someone in person, or in an online comment	Take an online yoga or exercise class	Go to YouTube and watch a 'Kindness Boomerang'	Make a list of 10 things you LOVE to do!	Make a poster about kindness for your classroom