

COUNSELOR'S CORNER

Central Bucks School District – Elementary Schools
Social-Emotional Learning (SEL) Newsletter

October 2020

Topic: Helping Kids to Feel Prepared at Home

For Hybrid/Virtual mode

Being prepared is one of the best ways to reduce stress levels and promote school success. Check out the tips below for some strategies to help your kiddoes feel & stay positive!

1. Wake the kids up early!

- If your child isn't a morning person, wake him/her a little earlier, YES earlier, so their brain has more time to adjust.
- Try to be sure kids have time to eat & get dressed without rushing prior to the school day starting.
- Turn the tech on at least 10 minutes prior to the day starting so you can ensure there aren't any updates & so you can shut down and re-start if glitches arise.

2. Set up a clean & prepared work space

A. Make a supply caddy

Organize school supplies in compartments that are easy to see and pull from. Here are some simple items you can use:

- A shower caddy.
- An empty shoebox. Create dividers using cardboard from the lid. Or you can just use plastic cups to keep supplies organized in the box.

B. Keep supplies Away from the Space UNTIL needed!

Kids – especially younger ones, can be easily distracted by just about anything. Having a pair of scissors to grab OR bright markers to play/draw with can take away from the lessons and distract from the work that your child needs to accomplish.

Ensure all your child has in front of him/her is the supply he/she needs for the present subject – example – a pencil and math fluency workbook.

3. Block out Distractions

- Use a folding presentation poster board or a tall piece of furniture to block off space.
- You can also make a screen out of a tall cardboard box.
- Invest in headphones so your child can pay attention to the computer and not the noise around the home.

4. Pre-plan breaks when possible prior to the day starting...

- Have snacks picked out so that kids don't waste break time deciding what to eat.
- Prepare lunches ahead of time so kids also have time to get outside for some fresh air or exercise!