

A Note from Student Services

March 23- 27th

Every week, the Student Services staff from Campbell Union School District will send out activities to help kids with their social-emotional learning. These activities help us focus on positives, calm worry thoughts, and identify our feelings.

Monday

Daily Plan

Create a schedule for your day with your adult. Include a list of activities that you can do by yourself, in case your adult is working or not available.

Check off each activity as you finish them.

Ideas for your day:

- Reading time
- Exercise
- Healthy Snack
- Art Time
- Math time

You can use [this template](#) if you like.

Videos of the Day- (click on the blue link to access the video):

- **Worry Warriors:**
[Worry Warriors: Can I Control That Thing I'm Worrying About?](#)
- **Boom- Chicka- boom**
[Boom Chicka Boom](#)
- **En Que te Ayudo?**
https://www.youtube.com/watch?v=BOyTJKDboME&list=PLd2_uz2LgnJNGqjMPZMF7whaxFdG_AHLw&index=25
- **Cuento "Respirar"**
https://www.youtube.com/watch?v=pkMtTfSnTzI&list=PLd2_uz2LgnJNGqjMPZMF7whaxFdG_AHLw&index=11

Worry Timer

Set a timer for 5 minutes. This is your worry and question time with a trusted adult. For these 5 minutes, you should talk with your adult about any worries or any questions you have.

After the 5 minute timer goes off- worry time is done! Find another activity to do to distract your brain. If you have trouble, use one of the worry-stopping strategies below.

If you find you have a lot of worries, set a worry timer with an adult each day. Remember, once your worry time is done, you find something fun to do!



Tuesday

Kindness:

Pick 5 ways to show kindness today. Some ideas to choose from:

- Tell someone thank you.
- Say good morning
- Say Thank You

Use this sheet from [The Pathway 2 Success: Home](#) to track how many times you have been kind today and for the week:

https://drive.google.com/file/d/1Yn5I9M7mohA5MTKDQd_Lm5-gVQ-NU7cr/view?usp=sharing



Videos of the day:

- **Have Compassion**
<https://youtu.be/oEplqZYUUVk>
- **I got a feeling:**
[I Gotta Feeling](#)
- **En Que te Ayudo?**
https://www.youtube.com/watch?v=BOyTJKDboME&list=PLd2_uz2LgnJNGqjMPZMF7whaxFdG_AHLw&index=25
- **Las palabras mágicas:**
https://www.youtube.com/watch?v=cg6DawbmPCs&list=PLd2_uz2LgnJNGqjMPZMF7whaxFdG_AHLw&index=16

Gratitude A to Z:

Gratitude helps us to focus on the positive things and this helps us to stay happy!

Create a list of things you are grateful for from A to Z:

Example:

A= I am grateful to have apples during lunch.

B= I am grateful for my brother because we play fun games together.

Use this sheet from [The Pathway 2 Success: Home](#) to track how many times you have been kind today and for the week:

<https://drive.google.com/file/d/1U7r1odjKTCBH2C8gA2HdT-KYFRztzINx/view?usp=sharing>



Wednesday

Get Active!

Spell out your first name. Complete the exercises for every letter in your name.

what's fit activity for kids your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Videos for the day:

- **Jump, Squat, Turn-Around**

[Madison Keys: Jump, Squat, Turn Around](#)

- **Repeat the beat:**

[Young Dylan Dance Along Sponsored 2:25](#)

- [Dúo Tiempo de Sol - Súbete al Tren de la Alegría](#)
- [MI CUERPO ES PARA AMAR](#)

Conduct an Interview

Interview a family member and have the family member interview you.

You can use these questions:

1. Where did you grow up?
2. What is your favorite childhood memory?
3. What is your favorite tradition from childhood?
4. What was your favorite childhood toy?
5. Who was your best friend as a child?
6. What did you want to be when you grew up?
7. Where did you go to high school?
8. What year did you graduate from high school?
9. What extracurricular activities were you a part of in school?
10. What kind of music did you listen to when you were growing up?
11. What is different now than when you were growing up?



Thursday

Indoor Activities

Here are four easy indoor activities perfect for breaking up a day:

Box Road – Flatten out a box and draw a road in marker. Add blocks, trucks and other toys for kids to build a city.

Toy-Washing Bin – Let your kids wash their plastic toys. Add tear-free bubbles, sponges, towels and other supplies.

Trash Art – Find some recycled materials and let your kids paint them. Kids love painting random objects and making beautiful creations from them.

Sticky Match-Up – Draw shapes, letters, numbers, words or math problems on sticky notes and hide them around the house for your child to find. Then have the child match them up on a “key” that hangs on the wall.



Videos of the day:

- **Mindfulness Meditation for Kids | BREATHING EXERCISE | Guided Meditation for Children**
[Mindfulness Meditation for Kids | BREATHING EXERCISE | Guided Meditation for Children](#)
- **Mindful Minute: Quick Mindfulness Meditation Exercise for Kids by GoZen!**
[Mindful Minute: Quick Mindfulness Meditation Exercise for Kids by GoZen!](#)
- [¿Para qué sirven las emociones? - Fundación PAS](#)
- **Yo soy Importante**

<https://youtu.be/OODyCTOIB94?list=PLgrBDWfHFwIU0zQy9R08BxomQmJXKIVYa>

Discover your home or take a walk

Take some time and look in your home or take a quick walk outside and find:

- 5 things you can see from your window
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

GROUNDING WITH YOUR FIVE SENSES

What are *Where*

5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

Friday

Listen in Silence

We can start practicing mindfulness with children by focusing on what they hear. I do it with a Tibetan bowl but you can use any other instrument that has a lot of vibration like a bell, the key is to be slow to be heard. If you do not have, you can use a mobile application or recorded audio, it is not the same but it can help you.

Explain to the child that you are going to make a sound and that he should listen carefully until he stops listening (usually between 30 seconds and a minute).

If you do it with several children, you can tell them to raise their hands when they stop listening, so they don't interrupt the rest who may still hear it. The effect is usually calming and at the same time it is a fun way to train attention.



Videos of the Day:

- **Mindfulness Boot Camp - 5 Minutes Body Scan Meditation for Families and classrooms**
[15/21 Days of Mindfulness Bootcamp - 5 Minutes Bodyscan Meditation for Families and classrooms](#)
- What to do when staying at home during the Coronavirus outbreak
<https://www.youtube.com/watch?v=a5qhtYR5uJk>
- [Guided Meditation - Spanish](#) (Spanish)
- [Breathing Butterfly in Spanish from The Elfenworks Foundation – follow along and feel better! \(v2\)](#) (Spanish)

Personal Journal:

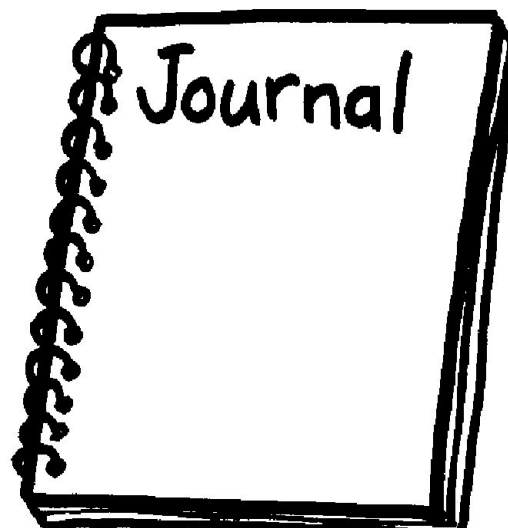
Starting today, keep a journal that you will note your thoughts, feelings, or any observations you would like to remember for that day. Pick a feeling for the day and write about that feeling. You can also draw a picture.

For example:

Today was a good day because _____.

Today I explored _____.

Drawing and coloring is also encouraged.



Talking to Kids About the Coronavirus

 childmind.org/article/talking-to-kids-about-the-coronavirus

Rachel Ehmke is managing editor at the Child Mind Institute.

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be.

- Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.
- Deal with your own anxiety. "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.
- Be reassuring. Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.
- Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care

of themselves by washing their hands with soap and water for 20 seconds (or the length of two “Happy Birthday” songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren’t necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.

- Stick to routine. “We don’t like uncertainty, so staying rooted in routines and predictability is going to be helpful right now,” advises Dr. Domingues. This is particularly important if your child’s school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.
- Keep talking. Tell kids that you will continue to keep them updated as you learn more. “Let them know that the lines of communication are going to be open,” says Dr. Domingues. “You can say, ‘Even though we don’t have the answers to everything right now, know that once we know more, mom or dad will let you know, too.’”