

# Welcome to our Wellness Corner



Hello everyone! My name is Aubrey Bingham! Some of your kids may know me from going to the Wellness Room at school. I have been asked to give some ideas for helping our kids deal with this difficult time! I will provide some tools or ideas on how to help the kids self-regulate when they are feeling stressed or scared. I will also include ideas with activities to help relieve stress and give them something fun to do during a break from school work. In the end, we are all trying to do our best in a difficult situation and we need to do what is best for our kids and ourselves. I hope this can help you and your family!



There are going to be some things that are printables and some are links to a recipe or idea online.



Please feel free to send this to family and friends outside of our school. We are all in this together and any help we can give each other is huge!

## "I Just need a break....."

There are going to be times that our kids are overwhelmed, stressed, angry, or any other emotion and just need a quiet place to self-regulate themselves. If possible, find a place in your home that you can dedicate for this. In it you can include:

- \* Use breathing techniques they learned at school
- \* Quiet, soothing music
- \* diffuse essential oils
- \* Coloring sheets (Those will be included)
- \* Write or think about a happy or funny memory

## " I want to do something fun. I'm bored."

Let's be honest: this is a difficult time and we are ALL getting a bit stir crazy. Even with a schedule, snacks, progress with school, etc. we all need a break at some point to just relax and have some fun. Here are some ideas to get us all through the bored moments:

- \* Be creative: paint, color, or other crafts
  - \* Write a letter
  - \* Play Memory or Go Fish (printable game included)
  - \* Make a treat together
- <https://www.tasteofhome.com/recipes/easy-cake-mix-bars/>
- \* Dance party

For Memory print off 2 sets. For Go Fish print off 4 sets. If you don't print on cardstock, glue paper on the back. Enjoy!

