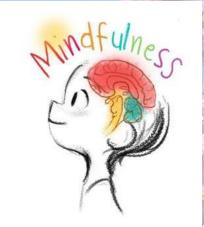
MS. ARTHUR'S TIPS AND TOOLS!

5 Tips for Working from Home with <u>Kids!</u>

- Establish and Stick to a Routine: helps
 during times of change and to be mindful of
 how we are spending our time.
- 2. Establishing a "Code of Conduct" Together: coming up with clear codes of conduct to ensure you are creating a respectful, supportive, ad positive space for everyone while we are spending all this time together. Clear and regular communication, patience, and kindness will go a long way!
- 3. Define a work space for you AND your kids: everyone needs their own space to carry out their individual activities. Be clear about guidelines when someone is in their own working space.
- 4. Limiting the "I'm Bored" Phrases: creating a "boredom jar" with ideas for what you and the kids can do when someone might need uninterrupted time.
- 5. Get Dressed Each Day! Having yourself and your kids get dressed will help you start the day off on the right foot.

Tips from: Article by Jennifer Grixti, MECP



Movement Break from Go Noodle with the Trolls!



mindfulness for kids

WWW.STILLQUIET PLACE. Com



S IS FOR STOP ... WHEN YOU ARE FACED WITH A DIFFICULTY, STOP

T IS FOR TAKE A BREATH...
USUALLY TAKING A FEW
SLOW DEEP BREATHS
RELAXES THE MIND.

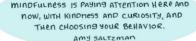


A 15 FOR ACCEPT...
ACCEPT THAT YOU'RE
HAVING DIFFICULTY



R IS FOR RESTART... WHEN YOU ARE READY YOU CANTRY AGAIN OR MOVE ON TO SOMETHING ELSE

Ages 8-1





A IS FOR ATTENTION...
SOMETIMES IT HELPS TO
STOP AND PAY ATTENTION
TO OUR BREATH



B IS FOR BREATH...
USUALLY WHEN WE PAY
ATTENTION TO OUR BREATH
IT IS EASIER TO FEEL CALM



C IS FOR CHOOSE...
WE CAN MAKE A CHOICE
THAT IS KIND FOR US
AND KIND TO OTHERS

A9es 5-7



P IS FOR PAUSE ...
PAUSE WHEN YOU
REALIZE THAT THINGS
ARE DIFFICULT



E IS FOR EXHALE...
KEEP BREATHING
SLOW, DEEP BREATHS
ALS FOR ACCEPT...



ACCEPT THAT THE SITUATION IS WHAT IT IS



C IS FOR CHOOSE...

MAKE A CHOICE.

THAT IS KIND TO YOURSELF
AND KIND TO OTHERS



E IS FOR ENGAGE WHEN YOU ARE READY ENGAGE WITH THE SITUATION & PEOPLE INVOLVED







