

# MS. ARTHUR'S TIPS AND TOOLS!

## 5 Tips for Working from Home with Kids!

- 1. 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, and 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 Gixti, MECP*

## Movement Break from Go Noodle with the Trolls!



AMY SALTZMAN'S  
**MINDFULNESS FOR KIDS**

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

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

**A** A IS FOR ACCEPT...  
ACCEPT THAT YOU'RE HAVING DIFFICULTY

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

Ages 8-11

MINDFULNESS IS PAYING ATTENTION HERE AND NOW, WITH KINDNESS AND CURIOSITY, AND THEN CHOOSING YOUR BEHAVIOR.  
AMY SALTZMAN

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

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

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

Ages 5-7

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

**E** E IS FOR EXHALE...  
KEEP BREATHING SLOW, DEEP BREATHS

**A** A IS FOR ACCEPT...  
ACCEPT THAT THE SITUATION IS WHAT IT IS

**C** C IS FOR CHOOSE...  
MAKE A CHOICE THAT IS KIND TO YOURSELF AND KIND TO OTHERS

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

Ages 12-18