

Tips for building a resilient child



Accomplish BIG Things With a
GROWTH MINDSET!
Success Begins With Believing You Can

Instead of Thinking...	Think This...
I can't do it.	I'm still learning. I'll keep trying!
I'm not good at this.	What can I learn to get better at this?
It's good enough.	Is this the best I can do?
It's too hard.	With more practice it will get easier!
I'm afraid of making a mistake.	Mistakes are how I learn & get better!
They are better at it than I am.	What can I learn from them?
I don't know how.	I can learn how!
I can't make this any better.	I can always find ways to improve!
I don't like challenges.	Challenges make me better!
I give up.	I'll try a different way!

Sensory bottle



- 1 empty plastic bottle (any size)
- Accessory- glitter, beads, water beads
- Water
- Duct tape & super glue (if you have it)

Fill bottle about ¾ full, add accessory items. Replace

Why are sensory items useful?

Sensory items help children to relax, focus and calm down following a particular scenario or event. It helps them grasp things with decreased fear and discomfort and enables them to play naturally. **Sensory items** for kids help them develop social learning skills like planning, negotiating, and sharing

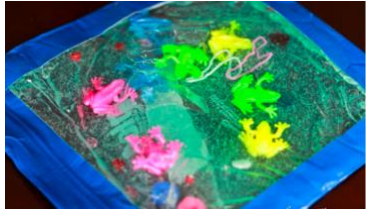
www.azbigmedia.com

CALMING STRATEGY CHOICES



 <p>Take deep breaths</p>	 <p>Count to 10</p>	 <p>Go for a walk</p>
 <p>Squeeze a stress ball</p>	 <p>Listen to music</p>	 <p>Get a drink</p>
 <p>Take a break</p>	 <p>Wall pushes</p>	 <p>Read a book</p>
 <p>Swing</p>	 <p>Bounce</p>	 <p>Jump</p>

Sensory bag



- 1 sandwich size zip loc bag
- Travel sized container of hair gel
- 1 roll of duct tape
- Scissors
- Assorted toys/glass bead etc.

Begin by taping the 3 sealed sides of your bag. Fill your bag with your chosen ingredients. Zip shut. Tape with duct tape to adhere the seal.

Sleep Routines

Try to keep your kids' sleep schedules as close to the same each day. For example, every night at 8pm, your child should get off technology, brush their teeth, read a book, and go to sleep

3-5 year olds need 10-13 hours of sleep per day; 6-13 year olds need 9-11 hours

Work tips

Give kids a first, then direction to do hard or multi-step tasks- *first do this worksheet, then take a break first put your shoes away, then sit at the table*

Try to give two choices to give your child a sense of control- *do you want to do math or writing first?*

If a task seems too difficult for your child, try to break it down further-

first do 3 problems, then take a break or earn a small reward

read for 5 minutes then take a 1-minute break

Quick Tips for Parents



LINDEN WEST

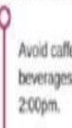
Elementary School

If you have any questions or would like further information, contact Shir Palmon at shir.palmon@nkschools.org or 816-321-6742

SLEEP HYGIENE BASICS



Stay active throughout the daytime.



Avoid caffeinated beverages after 2:00pm.



Go to bed and wake up at the same time each day.



Avoid use of electronics 1 hour before bedtime.



Maintain a consistent bedtime routine.



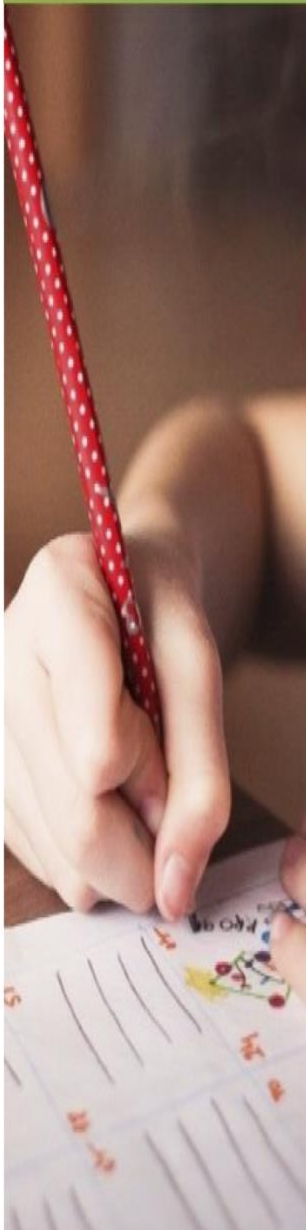
Remove distractions from bed (food, homework, pets).



Keep the room comfortable, dark, and cool.



Avoid stimulating activities before bed. Try reading!



Screen Time

Try to have specific rules about screen time- including how much time is allowed per day, where technology can be used

Use parental controls to filter inappropriate content

Set an example- your child will look to you
Allow grace during these difficult times, we're all doing the best we can!



Try to take some time to get outside and play with your child!

When you or your child feels a big emotion (mad, sad, frustrated), try to take some deep breaths or count to 10!

BALLOON breathing



1. Think of your belly as a balloon.
 2. Put your hand on your belly to feel it rise and fall.
 3. Take a deep breath in through your nose to fill your balloon.
 4. Hold your breath for 2 seconds.
 5. Breathe out through your mouth slowly to deflate your balloon.
 6. Repeat balloon breathing 5 times.
- *Follow your own breathing rhythm.