**Tips for building a resilient child**

**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.
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.

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!

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

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!