

March 24, 2020

Hello Parents,

Just checking in to say hello and offer some tips while your children are at home during this unsettling time.

**\*Would you like to have your child be quiet and still for 12 minutes?**

Meditation and mindfulness are great practices for kids. They can help children adapt to stress, anxiety, and other frustrating situations. But many kids need help focusing and calming their mind and body. This guided meditation for children is for the *Forcefield of Protection*, which is great for all children, particularly for nervous or anxious children. In **visualizing a protective forcefield of light**, it helps **give kids confidence to deal with tricky situations that make them nervous**. It also will allow them to **visualize and experience twelve minutes of calm**.

<https://youtu.be/drfaqLWgoZ4>

Your whole family could join in if you have the ability to stream YOU TUBE from your TV! It's actually very relaxing. I have done it!

**\*Is your child having trouble working independently and/or keeping track of their remote lessons?**

The 5th grade team has created a [Remote Lesson Checklist/Tracking Sheet](#) so students can track their own independent work each day while outside the classroom.

**\*Where can you find information about my Reading Remote Lessons?**

- \* I have created a "hello" video for the children. It is posted on Day 5 of my Google Classroom assignments. I plan to send more videos throughout the time school is closed.
- \* After receiving Mr. Browns email, and picking up your child's supplies at school -please refer to the following links if you haven't already:

View my **cover letter** for Remote Learning: <https://www.eastauroraschools.org/Page/7288>. If the document does not load at first, please refresh the page.

View **tips and links** related to your child's remote reading lessons: <https://www.eastauroraschools.org/Page/7293>

View a **suggested schedule** of reading activities :<https://www.eastauroraschools.org/Page/7290>

Wishing you HOPE during this difficult time.  
Mrs. Cichocki

