

Family Engagement

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Family Engagement is Necessary for Student Success!

Feeling a Little Anxious?

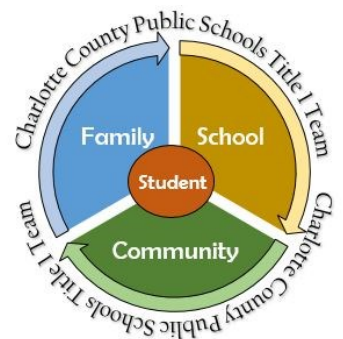
If you or your child are feeling anxious, you are not alone. During this time of Stay At Home, many of us are searching for balance—balance with the kids, learning, having fun, finding quiet time to just breathe. There are many unknowns right now, and uncertainty may add to anxiety. From 4 Ways to help Your Anxious Kid, author Jessica Grose writes, "**Label what's happening.** Just acknowledging the recent changes to your children's lives can feel validating, said Becky Kennedy, Ph.D., a clinical psychologist in New York City. "With young kids, you can keep an ongoing list of things that have changed and things that have stayed the same," Dr. Kennedy said. Brainstorm this list verbally with your kids — for example, "You used to go to a school building, that has changed, but you still have Mommy tucking you in every night, that's the same." By doing so, it will make them feel less alone in their feelings, because they'll know they're not the only one noticing that things aren't the way they used to be."

NY Times Jessica Grose, full article:

[4 Ways to Help Your Anxious Kid](#)

Have Some Fun!

- Chalk drawing outside
- Blowing bubbles
- Build a blanket fort
- Read together
- Play catch
- Ride bikes, scooters
- Hopscotch
- Twister
- Board Games
- Bake, cook
- Make your own playdough
- Scavenger hunt (inside or outside)
- Craft together
- Play card games
- Color
- Paper airplane races



Renee Wiley

Title I Resource & Family Engagement Liaison

