



Classroom Challenges Inside and out

CHALLENGES TO THE NEW YEAR

School is back in session! This year will look a bit different than years we are used to. For teachers and parents, we want to acknowledge some of the challenges that you may find with your children both inside and outside of the classroom this year. We want you to feel prepared to help your kids manage the changes that they too are experiencing this year. Below are a few helpful tips and resources for you to read and share with your children throughout this year.

EFFECTS - STAYING IN ONE ROOM ALL DAY:



Mental

- Complete daily or weekly mental health check-ins in the classroom.
- Check-ins may be a simple conversation or utilizing visuals.
- Students need to feel heard and have their feelings validated.



Physical

- For younger children, seeing everyone in a mask might be scary at first. To overcome this fear, have each parent send a picture to place on their desk.
- A picture will help kids feel more comfortable around new friends and a new teacher. Pictures will help the classroom seem more comfortable and inviting
- If staying in the same classroom all day, here are some tools:
 - Have fidgets available for each kid
 - Have large stretch rubber bands over the feet of each chair for kids to move legs throughout the day
 - Incorporate movement in classroom when possible
- - Lead students in yoga and progressive muscle relaxation

FIDGETING IS act of moving about restlessly in a way that is not socially recognized as essential to ongoing tasks or events.

FIDGETING IS making small movements with your body, usually your hands and feet. It's associated with not paying attention.

Guardians - an increase in stress and anxiety is normal. Changes leads to stress, both in positive and difficult ways. It is not your job to eliminate this stress, but help your child manage it in healthy, appropriate ways.

For Guardians

- Before school starts, remind your child that school is exciting.
 - School is full of opportunities to learn and make new friends
 - Focus on parts of school your child likes - lunch, art, reading, etc. And stay positive
- Complete daily or weekly mental health check-ins at home. Start a conversation or you use visuals to represent feelings. Validate your child's feelings.
- If your child is transitioning to a new school, they be experiencing a higher level of worry or anxiety not knowing what to expect - new school, teacher and friends.
 - It is helpful to talk to your children before school starts about the changes they can expect and positive stories that you remember from school.
 - Pick out a new outfit, write a positive note; and exciting things the next day with bring.
- Keep consistent communication with your child's teachers
 - This will help successes and challenges your child is experiencing
 - It also provides conversation topics

