Hello Cass School District 63 families and students. We hope you found time to enjoy Spring Break. As we head into another week of E-Learning, Here are some additional resources that can be included. Please contact us by emails listed to the right. Stay safe! ~ From your SEL Team

Concord Elementary School

Star Breathing is another form of deep breathing. Follow the sides to direct this breathing exercise.

Strike a pose! Stand on one leg. Bend the other knee & place the sole of your foot on your inner thigh. Switch to the other leg.

50 Brain Breaks for Kids: https://www.weareteachers.com/brain-breaks-for-kids/

Even during these challenging times, we can practice being thankful. Give this a try!

Cass Junior High School

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

Focus on what IS in your control and what positive choices you can make today!

Keep a routine in place for yourself and your kids! As much as possible try to mimic daily activities. When stressful situations arise, Consistency and structure can help alleviate stress for all!