

**Hey There Everyone!**

**As a result of the Desoto County Schools closing, it is no secret that we all have concerns and questions surrounding these events. As the school counselor, I want to continue to act as a link to community resources that I am aware of as of this time. I also want to continuously offer any and all helpful tips and tricks to allow your student to stay as "on track" and as healthy & happy as possible during these circumstances.**

**It is my hope that you all will utilize these resources throughout the upcoming days of being out of school. We all miss our kiddos more than ever, and we are hopeful to see them sooner than later! 😊**

**Kind Regards,**

**Mrs. Rebecca Dix M.Ed.**

**School Counselor-Chickasaw Elementary**

**Email: [rebecca.dix@dcsms.org](mailto:rebecca.dix@dcsms.org)**

**Food Resources:**



## FREE MEALS for Children 18 Years of Age and Under

The DeSoto County School District will be serving drive thru GRAB AND GO meals (breakfast and lunch) beginning Wednesday, March 18th during school closure. ALL children 18 and under will eat FREE. Children DO NOT have to be a DeSoto County School District student. No ID is required. Per Federal regulations, **children must be present to claim their meal**. Families will not need to enter the school building for pick-up. Families will be able to drive through to pick up meals. Meals will be sold to adults for \$3.00. In efforts to prevent the spread of germs, money will not exchange hands so exact change is required.

Pick Up Locations	Days of Week	Hours
Horn Lake Intermediate 6585 Horn Lake Road Horn Lake, MS 38637	Monday - Friday	10:00-12:00
Southaven Intermediate 175 Rasco Road Southaven, MS 38671	Monday - Friday	10:00-12:00
Chickasaw Elementary 6391 Chickasaw Olive Branch, MS 38654	Monday - Friday	10:00-12:00

### CURBSIDE PICK UP





**dcsnews**



**DeSoto County School District  
Child Nutrition Department  
Unanticipated School Closure Food Service Plan**

The DeSoto County School District will be serving drive thru GRAB AND GO meals beginning **Wednesday, March 18<sup>th</sup>** until further notice. ALL children 18 and under will eat FREE. Children DO NOT have to be a DeSoto County student. No ID is required. Per Federal regulations, children *must* be present to claim their meal.

Meals will be distributed from **Monday-Friday from 10:00am-12:00pm** *via car rider and/or bus line* at the following pick up sites:

**Horn Lake Intermediate  
6585 Horn Lake Road  
Horn Lake, MS 38637**

**Southaven Intermediate  
175 ~~Basso~~ Road  
Southaven, MS 38671**

**Chickasaw Elementary  
6391 Chickasaw  
Olive Branch, MS 38654**

*Children will not need to leave the vehicle.* Each child will receive a lunch and breakfast at the time of pick up. The lunch is intended for immediate consumption and the breakfast is intended for consumption on the following day. Food safety guidance will be distributed with each meal.

Meals will be sold to adults for **\$3.00**. In efforts to prevent the spread of germs, money will not exchange hands so exact change is required.

For more detailed information, questions or concerns, contact the DeSoto County School District Child Nutrition Department by phone at ~~662-449-7254~~ or via email to [alex.hallmark@dcsms.org](mailto:alex.hallmark@dcsms.org). We will continue to monitor the situation and take guidance from the Mississippi State Department of Health (MSDH), US Centers for Disease Control and Prevention (CDC) and the Mississippi Department of Education (MDE). Locations and logistics are subject to change.

This institution is an equal opportunity provider.

**-LaBelle Haven Baptist Church** will be offering free lunches to our children who need lunch. They open at 8:30 am and will need to know if you are coming by 11:00am. Please call them @ 662-893-2273.

Address: 4800 Hwy 305 N  
Olive Branch, MS 38654

It will work like a drive through.  
Please call the church or OBES for any information.

**-Olive Branch Food Pantry**-10947 MS-178, Olive Branch, MS 38654

Open: Tuesday from 8AM-10AM and Thursdays from 6PM-8PM

Call before going to make sure they are operating normally. [\(662\) 895-2913](tel:6628952913)

### Connectivity:

- Charter Communications announced on March 13, 2020 that for 60 days the company will offer free Spectrum broadband and Wi-Fi access to homes with K-12 and/or college students who do not already have a subscription. Installation fees will also be waived for these households. Enroll by calling 844-488-8395. Charter will also continue Spectrum Internet Assist, a program offering low-cost broadband internet of 30 Mbps for low-income households without school-aged children.
- Comcast, which owns Xfinity, will offer 60 days free and increased speeds for new families who join the Internet Essentials program, an internet access program for low income families that is normally \$9.95 a month.
- AT&T announced on Friday it would not cancel service and would waive late fees for any wireless, home phone, broadband residential or small business customer experiencing hardships because of the coronavirus pandemic and can't pay their bills. Qualifying low income households can apply for \$10 a month internet access through the Access from AT&T program. Fixed Wireless Internet and Wireline customers can use unlimited internet data. AT&T will also keep public Wi-Fi hotspots open.

### Keeping Routine At Home:

It is critical to implement a "regular" schedule within your home during this time. Whether you are staying home with your child or hiring a babysitter, there are several easy ways to keep a routine in place for your student. Once your child does return to school in the future, keeping this routine will make that process much smoother for you and for the educators at their schools.

#### **EXAMPLE SCHEDULES:**

#### **Sample Daily Routine (edit as you see fit)**

#### **Rutina Diaria Demostrativa (edite según sus necesidades)**

	<p>7:30- 8:00 AM</p>	<p>Wake up! Despierta!</p> 	<p>Brush teeth, make bed, get changed, put away laundry, <a href="#">make it musical!</a></p>	
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			Lávese los dientes, haga la cama, guarda la ropa, <a href="#">hazlo musical!</a>	
	8:00-8:30 AM	Breakfast Desayuno	No screens Cero pantallas	
	8:30-9:30 AM	Morning walk Caminata de la mañana	Get outside; walk the dog; yoga/stretching; recess games; Cully Park Vayanse afuera; caminar al perro; hacer yoga/estirar; juegos de recreo; parque Cully	
	9:30-10:30 AM	Academic time: Reading Hora académica: Lectura	<a href="#">PPS Clever links</a> ; <a href="#">Reading books/leer libros</a> ; <a href="#">Lexia</a> ; <a href="#">MyOn</a> ; <a href="#">newsela</a> ;	
	10:30-11:30 AM	Creative time Hora creativa	Legos; magnets/imanes; drawing; coloring; painting; dancing/baile; music making/hacer música; <a href="#">code.org</a>	
	11:30-12:00 PM	Free time Tiempo libre	Unstructured time builds executive function. Boredom is a vitamin! El tiempo libre desarrolla funcion ejecutiva. ¡El aburrimiento es una vitamina!	
	12:00-12:30 PM	Lunch Almuerzo	No screens Cero pantallas	

	12:30- 1:00 PM	Chores Quehaceres	Dishes; wipe down counters; vacuum; sweep; mop; laundry... Trastes; sacudir las mesas; aspirar, barrer, trapear, lavandería...	
	1:00- 2:00 PM	Academic time: Math Hora académica: Matemáticas	Prodigy; <a href="#">Xtramath</a> ; <a href="#">analog clock work</a> ; <a href="#">Khan Academy</a>	$\begin{array}{l} 2 > -3 & + - \\ 0.999... = 1 & \infty \times - \\ \pi \approx 3.14 & 5^2 \\ \sqrt{2} & 1 + 2 \cdot 3 \\ & (1 - 2) + 3 \\ & 5(2 + 2) \end{array}$ $101_2 = 5_{10}$
	2:00- 2:30 PM	Academic time: Writing Hora académica: Escritura	Journal; <a href="#">typing practice</a> ; Un diario; <a href="#">práctica de teclear</a>	
	2:30- 3:30 PM	Afternoon "recess" "Recreo" matutino	Get outside; exercise; play catch, walk, run, lift weights Vayanse afuera; ejercicio; tirar una pelota; caminar; correr; levantar pesas	
	3:30- 4:30 PM	Afternoon quiet time/screen time Hora quieta de la tarde / pantallas	Fun reading; video games; <a href="#">YouTube University</a> - <ul style="list-style-type: none"> <li>• <a href="#">learn to solve a Rubik's cube!</a></li> <li>• <a href="#">Magic tricks</a></li> <li>• <a href="#">Science experiments</a></li> <li>• <a href="#">Crash Courses (science, history, and more!)</a></li> <li>• <a href="#">Portaportal</a></li> </ul>	

			<ul style="list-style-type: none"> <li>Puzzle or board games</li> </ul>	
	4:30-5:30	Chores Quehaceres	Dishes; wipe down counters; vacuum; sweep; mop; laundry...	
	5:30-6:00	Something new! ¡Algo nuevo!	“YouTube University”: Learn something new!!! <a href="#">Mr. H's YouTube Playlist</a> Aprender algo diferente! <a href="#">Ideas de Sr. H</a>	
	6:00-6:30	Dinner Cena	No Screens Cero pantallas	
	6:30-7:00	Clean the kitchen Limpiar la cocina	Add music! Try <a href="#">Super Cumbias!</a>	
	7:00-7:30	Prep for bed Alistarse para la cama	Get changed; brush teeth; shower Cambiar; lavarse los dientes; bañarse	
	7:30-8:30	Evening TV ; check in with neighbors TV de la tarde; chequear con los vecinos	How are your friends doing? Do they need anything? ¿Cómo están los amigos? ¿Necesitan algo?	
	8:30-9:30	Pre-bedtime routine Rutina diaria antes de dormir	Dimmer lights; read in bed; read with siblings/adults Practice gratitude Practicar agradecimiento	
	9:30	<b>BEDTIME!</b> Lights out! Hora de dormir! Apagar las luces!	10 hours of sleep for children! 8 hours for adults! No screens/devices in children's bedrooms!	

			10 horas mínimo para los niños! ¡8 horas para adultos! ¡Cero pantallas en los cuartos de los niños!	
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# COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

**Resources to Stay Sharp @ Home:**

<http://www.readwritethink.org/>

<https://www.classdojo.com/>

[Epic! - Kids' Books and Videos](#)

[https://store.mindresearch.org/products/st-math-homeschool?fbclid=IwAR2vCBI7kNUAGdKm\\_qD\\_T0dqrQXyzm-ZqNvOUA0mxI0qih7jw9XIVJSoXc8](https://store.mindresearch.org/products/st-math-homeschool?fbclid=IwAR2vCBI7kNUAGdKm_qD_T0dqrQXyzm-ZqNvOUA0mxI0qih7jw9XIVJSoXc8)

# 11 Free Reading Websites for Kids

Site	Address	Audio?
Storyline Online	<a href="http://www.storylineonline.net">http://www.storylineonline.net</a>	Yes
Read to Me	<a href="http://readtomelv.com">http://readtomelv.com</a>	Yes
We Give Books	<a href="http://wegivebooks.org">http://wegivebooks.org</a>	No
Starfall	<a href="http://starfall.com">http://starfall.com</a>	Yes
Online Storytime by Barnes and Noble	<a href="http://www.barnesandnoble.com/u/online-storytime-books-toys/379003588/">http://www.barnesandnoble.com/u/online-storytime-books-toys/379003588/</a>	Yes
TumbleBooks	<a href="http://tumblebooks.com">http://tumblebooks.com</a> <a href="http://www.tcpclibrary.org/tumblebooks.htm">http://www.tcpclibrary.org/tumblebooks.htm</a> <a href="http://www.portlandlibrary.com/kidsplace/tumblebooks.htm">http://www.portlandlibrary.com/kidsplace/tumblebooks.htm</a>	Yes
International Children's Digital Library	<a href="http://en.childrenslibrary.org/">http://en.childrenslibrary.org/</a>	No
ABCya!	<a href="http://abcya.com">http://abcya.com</a>	Yes
Storynory	<a href="http://www.storynory.com/">http://www.storynory.com/</a>	Yes
National Geographic Young Explorers	<a href="http://ngexplorer.cengage.com/ngyoungexplorer/index.html">http://ngexplorer.cengage.com/ngyoungexplorer/index.html</a>	Yes
Oxford Owl	<a href="http://www.oxfordowl.co.uk/">http://www.oxfordowl.co.uk/</a>	Yes

# EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

## MATH

- Funbrain
- Prodigy
- Math Playground
- Splash Learn
- Math Game Time
- Khan Academy

## SCIENCE

- Discovery Mindblown
- NASA Kids Club
- Amazing Space
- Code Academy
- How Stuff Works

## SOCIAL STUDIES

- Crash Course (YouTube)
- Who Was? App/site
- Nat Geo Kids
- Google Earth
- Time for Kids
- Smithsonian for Kids

## OTHER

- Brain Pop
- Ted Talks
- PBS Kids
- Duolingo
- Hello Kids (drawing)

## **UNPLUGGED Activities:**

- Paint/Practice Instruments outside**
- Create Artwork**
- Practice Math skills with Chalk Outside**
- Practice Spelling with Chalk Outside**
- Hike**
- Walk outside**
- Exercise Outdoors**
- Bake something together**
- Cook meals together**
- Chalk outdoors**
- Basketball, football, dance,...etc. outdoors**
- Read outside for fresh air**
- Play Tag**
- Plant flowers/garden**
- Help with yard work**
- Eat meals outdoors on patio/porch/picnic**
- Play/Take care of your pets**
- Clean the house top to bottom**
- Keep up with chores/schedule**
- Have face to face conversations with loved ones in the home**
- Take Board Games outside to play/play inside**

## **More Ideas:**

<https://csunplugged.org/en/>

<https://www.pinterest.com/edinsights/unplugged-play-ideas-for-kids/>

# Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

**3** Get building! You could build a Lego model, a tower of playing cards or something else!



**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

## **ONLINE LINKS FOR FUN:**

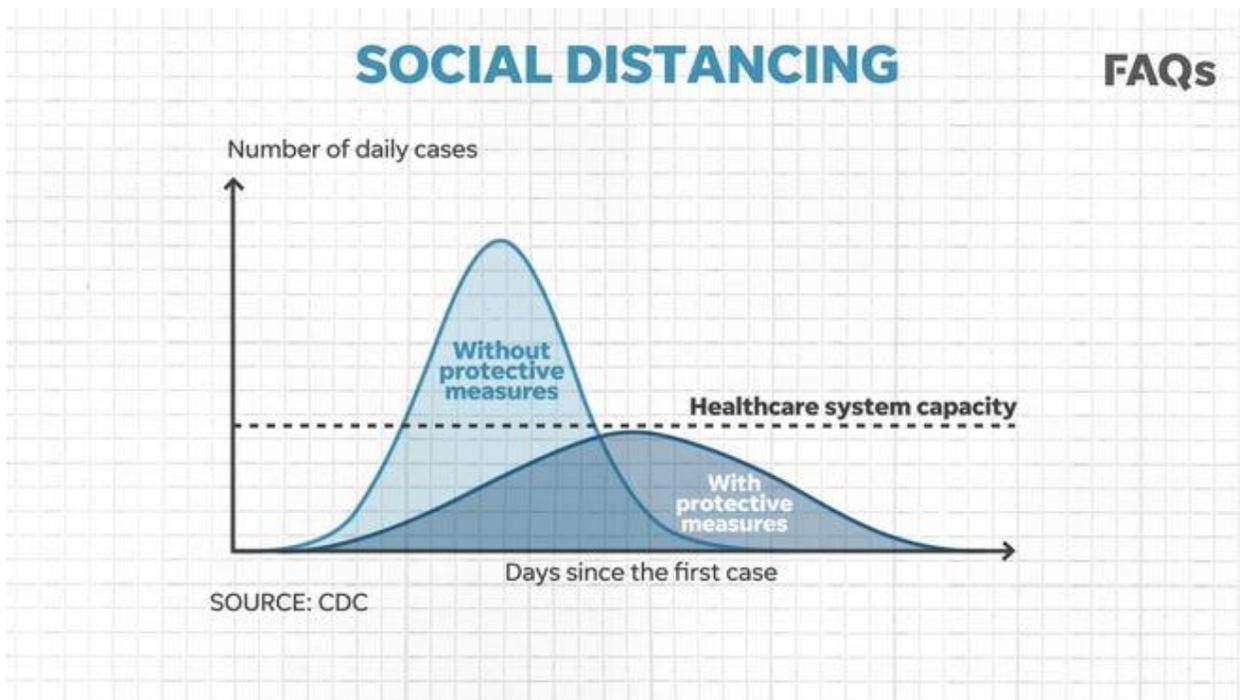
<https://pbskids.org/games/>

<https://lol.disney.com/games/>

## **Tips/Safety :**

[https://firstthings.org/coronavirus-resources-parenting/?utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=84823464&hsenc=p2ANqtz-8m0Qm9MMSCSrIW7tgsr\\_8FWlXsxAHnfoRgYyQ\\_LAJv0UOXtzlCzLxvlsnD-2MWlBkHx5mLUzceike4j6WUgVbTj7XGXg&hsmi=84823464](https://firstthings.org/coronavirus-resources-parenting/?utm_source=hs_email&utm_medium=email&utm_content=84823464&hsenc=p2ANqtz-8m0Qm9MMSCSrIW7tgsr_8FWlXsxAHnfoRgYyQ_LAJv0UOXtzlCzLxvlsnD-2MWlBkHx5mLUzceike4j6WUgVbTj7XGXg&hsmi=84823464)

<https://www.cdc.gov/>



# Social Distancing 101

## WHAT DOES IT MEAN? WHAT CAN I DO?

SOCIAL DISTANCING IS THE ACT OF REDUCING CLOSE CONTACT WITH OTHER PEOPLE FOR THE PURPOSE OF SLOWING THE SPREAD OF DISEASE OR INFECTION. IT CAN FEEL VERY DIFFICULT AND INCONVENIENT. EVEN IF YOU ARE NOT AT RISK, SOCIAL DISTANCING CAN SAVE THE LIVES OF THOSE WHO ARE.

### WHAT TO AVOID

- GROUP GATHERINGS
- CHURCH SERVICES
- SLEEPOVERS
- PLAY DATES
- CONCERTS
- MOVIE THEATERS
- SPORTING EVENTS
- CROWDED STORES
- MALLS
- TRAMPOLINE PARKS
- INDOOR PLAY PLACES
- FITNESS CENTERS
- VISITORS AT HOME
- MASS TRANSIT
- NON-ESSENTIAL WORKERS IN YOUR HOME

**NO LARGE CROWDS WHATSOEVER.**

### DO WITH CAUTION

- EAT OUT AT A NON-CROWDED RESTAURANT
- GROCERY SHOPPING
- GET TAKEOUT
- GO TO THE PHARMACY
- PLAY AT A PARK
- VISIT THE LIBRARY
- GAS STATIONS
- TRAVELLING
- GO TO WORK

**WHEN IN DOUBT, DON'T GO OUT.**

**AVOID CROWDED PLACES. BE SURE TO WASH YOUR HANDS FREQUENTLY AND AVOID TOUCHING YOUR FACE WHEN YOU DO CHOOSE TO GO OUT.**

### SAFE ACTIVITIES

- GO ON A WALK
- GO ON A HIKE
- PLAY OUTSIDE
- DO YARD WORK (ESPECIALLY FOR AN ELDERLY NEIGHBOR!)
- GO FOR A DRIVE
- GO FOR A PICNIC
- GROUP VIDEO CHATS
- READ A BOOK
- WATCH A MOVIE
- TRY NEW RECIPES
- FAMILY GAME NIGHTS
- SHOP ONLINE

**IF IT'S OUTDOORS IN A SPARSELY POPULATED/USED AREA AND YOU'RE WITH ONLY THE PEOPLE YOU LIVE WITH, YOU SHOULD BE FINE.**

WWW.THEMOMBOB.COM

GREATER LOVE HAS NO ONE THAN THIS: TO LAY DOWN ONE'S LIFE FOR ONE'S FRIENDS  
JOHN 15:13

## VIRTUAL TOURS:

### Over 30 Virtual Field Trips with Links

<p>San Diego Zoo</p>		<p>The <a href="#">San Diego Zoo</a> has a website just for kids with amazing videos, activities, and games. Enjoy the tour!</p>
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<p>Yellowstone National Park Virtual Field Trip</p>		<p><u><a href="#">Mud Volcano</a></u>,  <u><a href="#">Mammoth Hot Springs</a></u>,  and so much more.  Tour <u><a href="#">Yellowstone National Park!</a></u></p>
<p><b>MARS!!!</b></p>		<p><u><a href="#">Explore the surface of Mars on the Curiosity Rover.</a></u>  They are updating from WEBVR to WEBXR now, but <u><a href="#">360 Mode</a></u> offers a digital view!</p>
<p>Animal Cameras</p>		<p><u><a href="#">Live Cams at the San Diego Zoo</a></u>  <u><a href="#">Monterey Bay Aquarium live cams</a></u>  <u><a href="#">Panda Cam at Zoo Atlanta</a></u>  <u><a href="#">6 Animal Cams at Houston Zoo</a></u>  <u><a href="#">Georgia Aquarium has Jellyfish, Beluga Whales, and more</a></u></p>
<p>Virtual Farm Tour</p>		<p>This Canadian site <u><a href="#">FarmFood 360</a></u> offers <u><a href="#">11 Virtual Tours</a></u> of farms from minks, pigs, and cows, to apples and eggs.</p>
<p>U.S. Space and Rocket Museum in Huntsville, AL</p>		<p>See the <u><a href="#">Saturn 5 Rocket on YouTube</a></u> and more on this tour thanks to a real father/son outing.</p>
<p>Discovery Education Virtual Field Trips</p>		<p>A few of the field trip topics include <u><a href="#">Polar Bears and the Tundra</a></u>  <u><a href="#">Social Emotional Skills</a></u></p>

		<b><u>STEM</u></b> <b><u>manufacturing</u></b>
The Louvre		Travel to Paris, France to see amazing works of art at <b><u>The Louvre</u></b> with this virtual field trip.
The Great Wall of China		This <b><u>Virtual Tour of the Great Wall of China</u></b> is beautiful and makes history come to life.
Boston Children's Museum		Walk through the <b><u>Boston Children's Museum</u></b> thanks to Google Maps! This virtual tour allows kids to explore 3 floors of fun.

**Have fun learning at home!**

**Kids With Questions/Anxiety:**

**APPS:**

- Mindfulness for Children (Free Version and Pro Version \$4.99/one time fee) ...
- Relax Melodies (Free Version and Paid Pro Version Available) ...
- Calm (Lite Version, or \$4.99/month for the year) ...
- Positive Penguins (\$0.99) ...
- Mindful Minutes by Oops Yay (\$1.99) ...
- Bedtime Meditations for Kids by Christiane Kerr (\$4.99)





# relaxation script for younger kiddos



## hands and arms:

Pretend you are squeezing a whole lemon in your left hand. Squeeze it hard. Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Repeat with other hand.



## jaw:

You have a giant jawbreaker bubble gum in your mouth. It's very hard to chew. Bite down on it. Hard! Let your neck muscles help you. Now relax. Just let your jaw hang loose. Notice how good it feels just to let your jaw drop. Okay, let's tackle that jawbreaker again now. Repeat.



## arms and shoulders:

Pretend you are a furry, lazy cat. You want to stretch. Stretch your arms out in front of you. Raise them up high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side. Okay kitten, stretch again. Repeat.



## shoulders and neck:

Now pretend you are a turtle. You're sitting out on a rock by a nice, peaceful pond, just relaxing in the warm sun. It feels nice and warm and safe here. Oh-Oh! You sense danger. Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight. It isn't easy to be a turtle in a shell. The danger is past now. You can come out into the warm sunshine and once again you can relax and feel the warm sunshine. Watch out now. More danger. Hurry pull your head back into your house and hold it tight. Repeat.



## face and nose:

Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up real hard. Good. You've chased him away. Now you can relax your nose. Oops here he comes back again. Repeat.



## legs and feet:

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep in to the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart, and feel the mud squish up between your toes. Now step out of the mud puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Repeat.

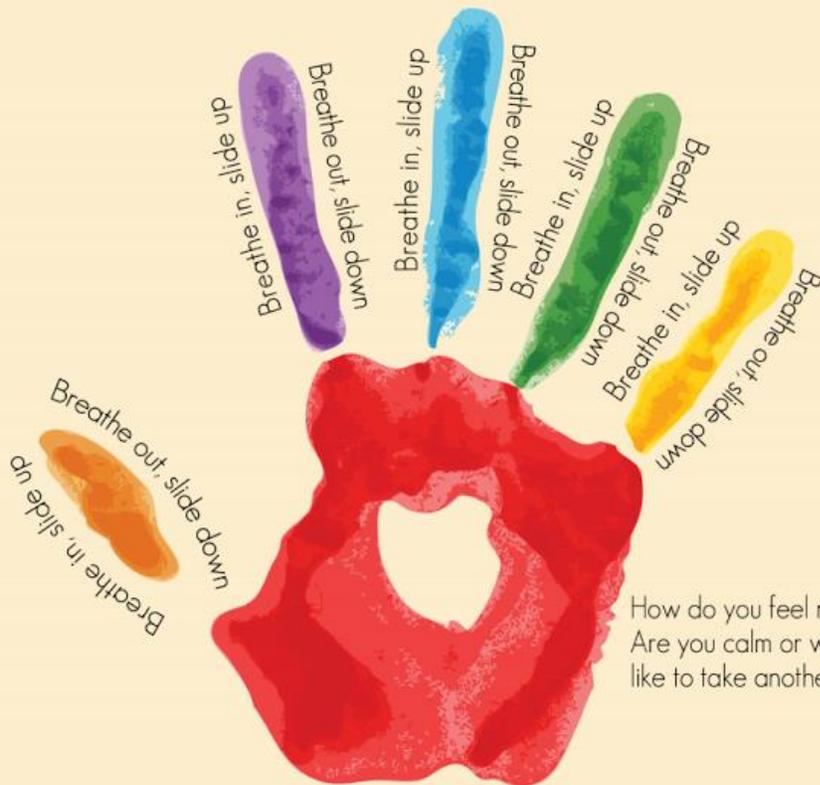
## stomach:

Hey! Here comes a cute baby elephant. But he's not watching where he's going. He doesn't see you lying there in the grass, and he's about to step on your stomach. Don't move. You don't have time to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he is going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. That feels so much better. Oops, he's coming this way again. Get ready. Repeat.



# CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.  
Keep going until you have finished tracing your hand.





## **LINKS to Help with anxiety/change:**

[https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR3041P7zxd\\_4coF4vz1nQJqaWVrkjV8vDdnVlswYPXE0WIpXv3-tuk\\_IY](https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR3041P7zxd_4coF4vz1nQJqaWVrkjV8vDdnVlswYPXE0WIpXv3-tuk_IY)

[https://www.centervention.com/social-emotional-learning-activities/?fbclid=IwAR0b1ILJI0U-uvSe\\_3EuIFLLtI25sX9jzvlQqXYy1QSP1y-LFtUjRh-5S\\_U](https://www.centervention.com/social-emotional-learning-activities/?fbclid=IwAR0b1ILJI0U-uvSe_3EuIFLLtI25sX9jzvlQqXYy1QSP1y-LFtUjRh-5S_U)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.brainpop.com%2Fhealth%2Fdiseasesinjuriesandconditions%2Fcoronavirus%2F%3Ffbclid%3DIwAR34bY2DHCdJFZ7xJEKcBaV4NAFCaWZOsyuKvEjO1mFScGBAcAqW619IGbk&h=AT3InbczNl29pe6q4GyOZAiDyIJeMft5DW4ikjkU510sdLCiLb2JnLsJcjinl2X4qEbgJF553OpIpovrrwDFEKWYRhTQNVfcnTlKY3zIA7FXZlcgW7jwx6qR7jkbQ2FPNESJxbWOrLcl8zQ3QK-uWfr7V1fPP216aJJ0qE0DmMGyBCInKN0ocPIXJtjZ-HAl3A>



**VIDEOS To help explain virus:**

<https://www.3newsnow.com/news/national/coronavirus/local-author-narrates-childrens-book-explaining-coronavirus>

<https://www.facebook.com/lookatthelashes/videos/553846481894745/>

**It is my hope that you all will utilize these resources throughout the upcoming days of being out of school. We all miss our kiddos more than ever, and we are hopeful to see them sooner than later! 😊**

Kind Regards,

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