

# Student Support

Helping you and your child thrive during COVID-19

Week of June 15<sup>th</sup>  
2020

## BE A KID

### *How to still be a kid with all that is going on*

While it is incredibly important to be honest with your children and have open conversations around race and justice, it is also important to make sure they have worry free “kid time”. It can be hard to lighten up during difficult times, but it’s also one of the most valuable tools to coping.

#### 1. Get silly.

When things get heavy, try adding some silly fun into the mix. [Here](#) is a list of ways to get silly with your kids!

#### 2. Set aside talking time each day.

Your children want to talk about all that is going on. Curiosity and the need for understanding are quintessential parts of childhood. Try setting a “family talking hour” each day. This is a space for your children to come with questions and conversations about all that is going on. By setting aside designated time, you’re assuring your children will be heard while promoting more carefree time throughout the day.

#### 3. Go to bed on a good note.

Sleep is an incredibly important function for both physical and emotional health. Fear and stress can both inhibit sleep quality. Encourage your child to spend a few minutes before bedtime recounting the most positive parts from the day and engaging in a positive activity (e.g., coloring, listening to music, playing a quiet game).

#### Feel good story of the week:

A 4<sup>th</sup> grade teacher in Maine has taken to making funny videos to connect with her students during COVID-19!

<https://www.newscentermaine.com/article/news/health/coronavirus/4th-grade-teacher-creates-funny-videos-to-connect-with-students-amid-coronavirus-covid-19/97-2265a9c6-04e8-459d-a840-78873b2dc634>



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