

CES Counselor Explorer Express

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Choices Theme of the Month- Self-Awareness and Safety

Choices will continue to pilot a SEL resource focusing on self awareness until April 5th. The remaining month will be spent on teaching safety via the Child Protection Unit in Second Step. You might hear "8 Never Nevers" sung around the house.

Upcoming Events

- 4/8-18th: CMAS Testing
- 4/26: Spirit Lap

Tips for testing:

- Get a good night's sleep before the test.
- Have a nutritious breakfast.
- Dress comfortably.
- Relax, take slow, deep, breaths.
- Follow directions carefully.
- Answer the easy questions first.
- Move on if you don't know an answer.
- Review to make sure you have answered every question.

Reaching Out - Mrs. Andrews is calling families to check in to see how we can best support you and your child. If you are excited to talk to her and you don't want to wait, please contact her.

Coping Strategy - 15 ways to de-stress

1. Get moving
2. Laugh
3. Talk a walk
4. Solve a puzzle
5. Talk to someone
6. Use your senses (5, 4, 3, 2, 1)
7. Draw or doodle
8. Read
9. Eat Healthy
10. Listen to music
11. Journal
12. Take deep breaths
13. Dance
14. Go outside
15. Get organized

Family Fun/Parenting Tip

6 QUICK WAYS TO CONNECT EACH DAY:

Daily Review - Talk about their day (High, Low, Buffalo)

Morning Routine - Add an activity you can do together

Bedtime Routine - Read a story

Positive Message - Leave them a love note

Play Breaks - Take a break for fun

Compliments - Notice something good about them, even the small things

