

VIRTUAL CLASSROOM PARENT TIPS

If you notice your kids fidgeting, getting distracted, having difficulty staying alert or calm, try some of these tips to assist the online learning process. Click on the links to be brought to actual tools/strategies you can utilize!

REMIND THEM TO BLINK!

Staring at a screen for a long time can cause eye fatigue, blurry vision and dry eyes.

Encourage them to take a break from screens and focus on things further away every moment they have a break; encourage them to blink more when on screen, and if possibly have the screen at slightly below eye level, 2 feet away.

MOVEMENT/BRAIN BREAKS

Sitting online can zap us of our attention and energy.

Shown to have benefits such as reduced stress/frustration, increased attention/productivity research shows kids learn more quickly after they've exercised. It also helps with self regulation and self monitoring when they are losing focus. Have a few movements your child can do for 1-5 minutes every class to re-energize their mind!

CALM & ALERT

Get your kids used to asking themselves:

- **"Where is my body?"** : Seems like a silly question! But it brings our attention to our body, and what we are feeling, different sensations, and grounds us to the present moment. It also helps us to be mindful of our movements and if we are in control of our body in that moment. Use a grounding exercise if they need to be brought back into this moment.
- **"Where is my mind?"**: With this question, we want to reflect on where are our thoughts are? Are they positive or negative? Am I thinking about something that had happened in the past, or are my thoughts in the future? Is my mind here and now ready to learn? Do I need anything in this moment? Use a 'Check In' to be mindful of the thoughts/emotions we are having in that moment.
- **"Where is my breath?"**: When we ask ourselves this question, we are just taking a moment to pause and notice how we are breathing...is it fast and short? Is it slow and calm? Do I need to do some breathing to calm myself? Or do I need to do more alert breathing to wake up and be ready to learn? Use a familiar, favourite breathing exercise to either calm oneself, or to wake ourselves up.

Adapted from McGlauffin, H. (2018). Calm & Alert: Yoga and Mindfulness Practices to teach Self-Regulation and Social Practices to Children. PESI Inc.

CHECK IN WITH YOUR KIDS!

Both you and your kids can benefit from doing a check in twice a day at least! Try for morning and afternoon.

Using our Check in Chart only takes a few minutes and allows yourself/your kids a moment to pause and recognize what you are feeling emotionally and physically, and also gives you time to think about what you might be needing in that moment, whether it's a calming or energizing technique.

[Mindful Minutes](#)

[Weekly Wellness Schedule](#)

[Family Conversation Starters](#)

[Mental Health Resources](#)

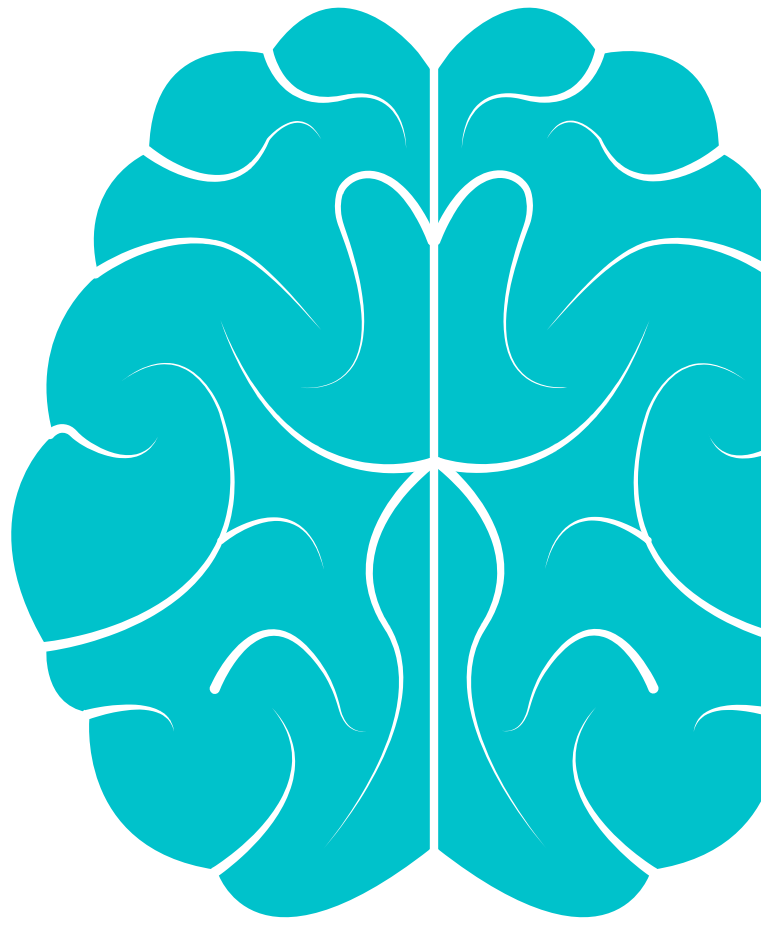
GROUNDING/BREATHING EXERCISES

For Elementary Students:

- [Smiling Mind](#)
- [Mindful Schools](#)
- [Susan Kaiser Greenland: Mindful Games](#)
- [Go Zen](#)
- [How Long is Your Breath](#)
- [Star Breathing](#)
- [The Washing Machine](#)
- [The Wrist Cross](#)

For Middle & High School Students:

- [Smiling Mind](#)
- [Anxiety Canada](#)
- [Mindfulness Exercises](#)
- [Mindful Schools](#)



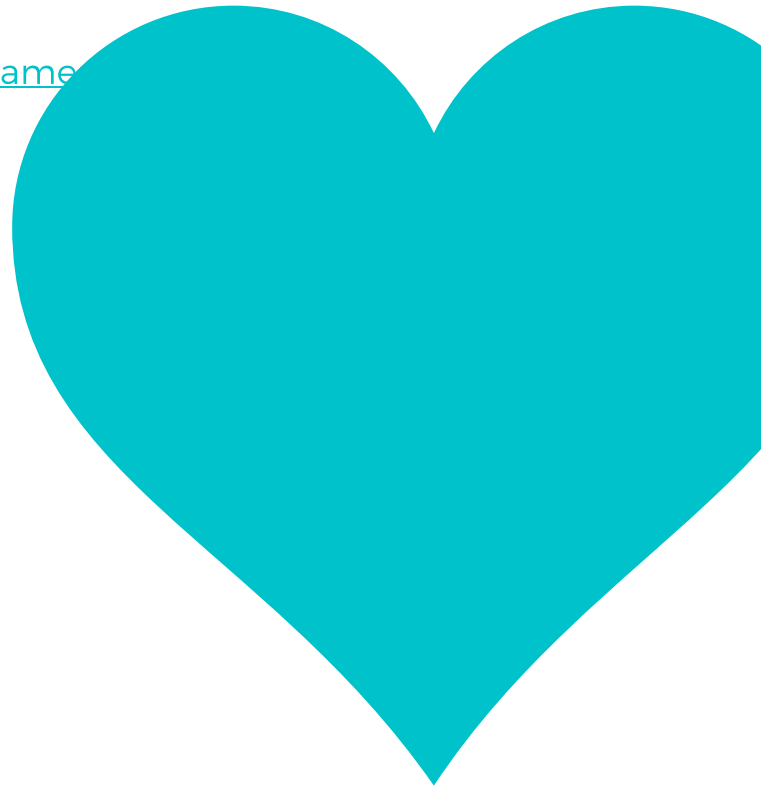
BRAIN BREAKS

For Elementary Students:

- [Pure Edge Brain Breaks](#)
- [Go Noodle](#)
- [Bok Kids](#)
- [Scavenger Hunts](#)
- [Charades](#)
- [Move Like an Astronaut Movement Dice Game](#)
- [Be Fit For Life](#)
- [My Physical Goals](#)

For Middle & High School Students:

- [Pure Edge Brain Breaks](#)
- [Yoga with Adrienne](#)
- [Movement Dice](#)
- [Bok Kids](#)
- [Be Fit For Life](#)
- [My Physical Goals-SFSK](#)



CHECK INS

For Elementary Students:

- [Kimochis](#)
- [SFSK Check In Chart](#)

For Middle & High School Students:

- [How's it Growing?](#)
- [ThinkFull](#)
- [Center for Adolescent Studies](#)

SELF CARE

For Elementary Students:

- [Rose, Thorn and Bud: Mindful Schools](#)
- [Weekly Wellness Schedule: SFSK](#)
- [Self Care Weekly Challenges-SFSK](#)
- [Thankfuls-SFSK](#)

For Middle & High School Students:

- [Gratitude Journal Prompts: 3 Good Things](#)
- [Daily Gratitude Question: Gratefulness.org](#)
- [Gratitude Strategy: Mental Subtraction: SFSK](#)
- [Weekly Wellness Schedule: SFSK](#)
- [Hope Clouds](#)

