

## **Communication From J Pompilius Email 7.05.05.20**

NOTE: Information and excerpts from Youth First, Inc., Youth First Social Workers and Programs for parents and caregivers to use in the home, COVID-19 Stress: Coping Skills for Parents and Children, Counties, Youth First Blog, By Mary Ruth Branstetter, April 7, 2020, <https://youthfirstinc.org/selmaterial/>

Hello PBA Families! I hope all is well with you and yours. My goal at this time is to encourage you to finish the next few weeks PBA STRONG! As a parent, grandparent or caregiver, you have the challenge of helping your child learn to express and deal with their complicated feelings in a healthy, appropriate manner. This is often no easy task, as you may be experiencing many of the same feelings yourself. Children often do not know how to put words to their feelings so they act out. Acting out may look like work refusal, dishonesty, excessive clinginess, emotional meltdowns, aggressiveness, or regression in other behaviors. Children may also suffer from more physical complaints such as headaches, stomach aches, or interruption in sleep patterns, etc.

Try especially hard to stay connected to school and your children's teachers. Also, focus on having structure and organization in your lives; in other words, a sense of predictability and normalcy. Let yourself off the hook a little bit, since these are unprecedented times and no one can be expected to handle it perfectly. Help build emotional awareness by trying this game.

### **Emotions Scavenger Hunt- Elementary School Kids**

- Write down different emotion words on slips of paper. Some examples are: happy, sad, scared, angry, calm, excited, frustrated, worried, embarrassed, joyful, disgusted, etc.
- Once emotion words are written down on slips of paper, have the parent or caregiver hide them throughout the house.
- When children find each emotion word, have them read it out loud and share something that causes them to feel that emotion.
- Once the children have found all of the slips of paper, have them hide them and the parent or caregiver takes their turn next!

Be Healthy, Be Safe, Be Well

Ms. Pompilius