



SCHOOL-TO-HOME CONNECTION: ACTIVITY SHEET

Grades 3-5

COMPETENCY: Self-Control

THEME: Manages Overwhelming Thoughts and Emotions

OBJECTIVE: The student will be able to initiate how to remain calm and focused when handling strong emotions or uncomfortable feelings.

DINNER DISCUSSION - *Guided Questions*



Explain to your child that we all experience strong emotions and uncomfortable feelings associated with stress. Sometimes the stress we're under makes us feel isolated or alone. Other times, it actually does isolate us from those we care about. The experiences that cause these feelings may be out of our control, however we can control how we cope with their impact on us.

Ask your child the following questions:

1. How does your body feel when you are stressed, frustrated or upset? How does stress affect your mind and your thoughts?
2. Describe a time you felt lonely or isolated. What helped you feel connected to others? How did you manage your feelings of loneliness?
3. Can you share a time you felt overwhelmed or stressed by circumstances out of your control?
4. Were you able to manage your feelings on your own, or was it difficult to cope?
5. What are some strategies you can think of that will help you stay calm and connected in order to manage stressful or lonely feelings?

TIPS...

- Your child may need some extra encouragement when talking about overwhelming thoughts and emotions related to stress. Reassure them that they have your love and support. Listen to them without judgment and wholeheartedly.
- Share your own experiences related to isolation and loneliness. Was there a time in your life where you longed for connection? How did you cope? Hearing your experience will help your child feel more comfortable opening up and sharing their own.
- Together, brainstorm stress management strategies for your family to rely on during overwhelming times. Perhaps you practice deep breathing strategies or set aside a place in your home as a designated stress relief zone. Working together to create a common plan will help your child feel safe and prepared during stressful moments.



NIGHTTIME REFLECTIONS - Role-Play



Tell your child that you are going to role play a few scenarios to practice coping with feelings of stress and isolation. Explain to your child during these overwhelming moments, it's important for them to shift their perspective and try their best to be open minded.

1

SCENARIO 1:

Your Dad has two baseball game tickets and you can hardly wait to go! You can't wait to spend time with your Dad eating popcorn, watching your favorite players hit home runs! The stadium is about a two hour drive away, but when you finally get there, Dad realizes he left the tickets at home. If you drive home and back to get them, the game will be over. You are devastated as you watch the crowds of people walking through the gates. You feel so left out and angry. Even though you're stressed, how can you try to embrace the situation and make the most of it? What would you do in this situation?

2

SCENARIO 2:

Every year since kindergarten, your classmates and their families have been going camping to celebrate the end of the school year. It is always so much fun! Unfortunately, this year the campsite was flooded, so the campout has been rained out. You were really looking forward to spending time in nature with your friends fishing, hiking, and kayaking. Now you just feel sad and annoyed. How can you embrace this unexpected change in plans? Could you still have a "campout" in your home? What would you do in this situation?

3

SCENARIO 3:

You and your family just visited your grandparents, and now you are sitting at the gate waiting for your flight home. Tomorrow is Biography Day at school! You've been practicing your presentation for two weeks and are excited to wear the Abraham Lincoln costume you and your mom created. Just then, an announcement is made that your flight is canceled and you will not be able to fly out until tomorrow afternoon. You will miss Biography Day! You feel stressed and overwhelmed. Can you think of a creative solution to still be a part of it even if you can't be there in person? What would you do?

ART ACTIVITY



Prep & Materials:

- Paper
- Markers, crayons, colored pencils
- Scissors
- Tape



Have a discussion with your child about rainbows. *Have you ever seen a rainbow in your life? When do they appear in the sky? What makes them so magical?* Explain that rainbows are often considered a symbol of hope and peace. The reason a rainbow is called a rainbow is because they usually form after it rains. The clouds in the sky get dark and gray before they shower down on the world below. Once the storm is over, the sun peeks it's way out, shining its light and a rainbow appears! Guide your child to make a connection between the darkness of stress and isolation to that of the clouds and a rainstorm. *How does a rainbow symbolize hope during times of uncertainty?*

Explain to your child that you are going to color/make rainbows to hang in your window as a way of spreading hope and peace throughout your community. Gather the materials you may have at home. *Don't have any white paper? Color over newsprint! Don't have any newsprint? Carefully cut up boxes from your recycling bin according to color! Be as creative as you wish when creating your rainbow!*

Once you've created a rainbow, explain to your child yet another magical meaning of this natural wonder! Each color that appears in a rainbow has a special meaning. Using the list below, have your child write a sentence about the meaning of each color and how it relates to them.

-  Red: Strength
-  Orange: Determination
-  Yellow: Joy, Happiness
-  Green: Growth, Healing
-  Blue: Faith
-  Purple: Amazement
-  Pink: Love

For example: *I feel yellow when I am laughing with my family. I feel green when I learn from my mistakes. I feel orange when I am learning how to ride my bike.*

VIRTUAL CONNECTION - Activity



During times of stress and isolation, the most important thing you can do is help your child stay connected with their loved ones. Lucky for us, we live in an age of technology where virtual face to face interaction is easier than ever. Below are a few fun ideas to stay creatively connected!



- Happen to have the same board game laying around at home as a friend or family member? Have a virtual playdate and let the fun begin! Set aside a time that works for everyone, gather your game and some snacks and video call your opponent for a fun filled afternoon!
- Anyone up for some virtual karaoke? Use one of the many virtual connection platforms out there to have a karaoke party with friends or family. YouTube has a variety of resources for karaoke songs, and with the option to share your screen, everyone will be able to sing along!
- Have a theme dinner party with your loved ones in other places! Don't let the distance between you get in the way of enjoying a meal together. Send out invitations through email explaining your theme and what everyone can "bring" to the dinner.
- *Dreaming of the times you could socialize at a BBQ?* Have a virtual one! Using what you have on hand at home, get creative. Have your child color a red and white checkered tablecloth and draw several pieces of BBQ foods to cut out and color as well. *Corn on the cob? Hamburgers? Potato salad?* Make them using the materials you have on hand. Throw on your flip flops, blow up a beach ball and enjoy a tasty meal together!

