

**Today's Learning
at Home Ideas:**

Play
"Multiplication
War" with a deck
of cards. Just flip
two cards and
multiply.
Whoever has the
highest product

**Today's Community
Resource:**

Charles City Public
Health Department:
804-829-2490

Grab and Go hot
meal 11am-1pm
behind CCHS
Monday-Friday

**TIPS FOR
FAMILIES**

#4

**Today's Learner
Support Strategy:**

Have your child
organize their
"learning area" in a
way that makes
sense to them

Today's Mindfulness Tip:

Stop, take a deep breath,
and name what you can
see, hear, smell, taste,
and touch

**Today's Social-
Emotional**

Support: "Elephant
Breathing": Stand
with your feet wide
apart and your arms
dangling in front of
your body like an
elephant's trunk. As
you breathe in
deeply through your
nose, raise your arms
up high above your
head. Then slowly
swing your arms
down again as you
breathe out through
your mouth.



Charles City Public Schools

Tradition • Technology • Excellence

Please check the Charles City Public Schools' Facebook, Twitter, and website for weekly "**Tips for Families**".

For counseling support or someone to talk to, but not crisis or an emergency, contact our School Social Worker, **Mrs. Stephanie Leek at 804-301-1871**, or the Supervisor of Special Education, **Ms. Kristina Williams at 804-393-0264**.