

**TIPS FOR FAMILIES**

**Learning at Home:**  
Develop a routine that includes learning time. This can include taking a walk outside, cooking together, gardening. Be creative!

**Community Resource:**  
Charles City Regional Health Service: 804-829-6600  
Tiger Packs and Community Den distribution 11 am - 1 pm at CCES  
Available to all families

**Learner Supports:**  
Have your child teach you something they have learned in their favorite subject – ask questions to help them explain further

**MINDFULNESS:** Hug-breath  
hug someone who is upset (including yourself) and breathe 3 big breaths

**Social-Emotional Support:**

Draw pictures with your child of different emotions - start with happy, sad, angry, scared. Ask your child to explain when they feel those emotions and what their body feels like.



**Charles City Public Schools**

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