

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

Your children learn through play.

- \*Go outside and dig in the garden/mud
- \*Play a board game
- \*Play hopscotch
- \*Climb a tree

**Today's Community Resource:**

Kidz Mealz Bags Program at Sheetz Locations in Ashland, Colonial Heights, Richmond, Chester, Powhatan, & Prince George.

Just go to the register and ask.

**TIPS FOR FAMILIES #6**

**Today's Learner Support Strategy:**

Have your child talk through the steps while solving problems to encourage them to hear and see the information

**Today's Mindfulness Tip:**

Close your eyes and spend one-minute thinking about the happiest day of your life. Try to remember as much about that day as you can

**Today's Social-Emotional Support:**

Remember that there are no "bad" emotions – it is ok for kids to feel whatever they are feeling. It's the job of the adults to teach them how to deal with those feelings



# 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**.