

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

Go on a rainbow scavenger hunt:  
Find something red, orange, yellow, green, blue, indigo, violet.  
The colors of the rainbow can be turned into a name: Roy G. Biv

**Today's Community Resource:**

Charles City Regional Health Services – 804-829-6600

Henrico Mental Health 804-727-8515

Grab n Go lunch 11am-1pm at CCHS

**TIPS FOR FAMILIES #7**

**Today's Learner Support Strategy:**

Allow your child to tell you what is working and not working in the home learning situation – work together to make better

**Today's Mindfulness Tip:**  
Find one small area in your home that you can realistically clean out today

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

Family mealtime can be an important time to connect. Try some of these conversation starters (or make up your own):

If you could have any superpower what would it be?

What is your favorite movie and why?

Highs and lows of the day

If you could live anywhere, where would you live?



# Charles City Public Schools

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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**.