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Dear Parents/Guardians,

Let me begin by saying *Thank you* for assisting the Teachers and Staff support our students. Your involvement during this time is crucial and means a lot to us. This is a stressful time for all of us.

I have prepared a message to help support your social and emotional needs during this time. I will be forwarding these helpful tips and strategies throughout our remote learning time.

If you believe your child needs additional emotional support, please contact me via email at [crussi@schools.nyc.gov](mailto:crussi@schools.nyc.gov).

**Week 1:**

- Understanding the importance of remote learning.
- How to cope with student's worry and concerns during this changing time.

The following video clips will help assist you in teaching your child about social distancing and how to manage anxiety and stress. The second and third video clips help to discuss the idea of worry. It is important to allow your child to express their concerns in order to work past those thoughts and implement a coping skill. The last video outlines deep breathing exercises using different shapes. You can easily create these in your home to assist your child with any anxious feelings they may be experiencing during this time.

<https://www.youtube.com/watch?v=kiVpWZBXLug>

[https://www.youtube.com/watch?v=dA54Nbv3\\_M](https://www.youtube.com/watch?v=dA54Nbv3_M)

<https://www.youtube.com/watch?v=9qNKPw-EeEE>

<https://www.youtube.com/watch?v=6hSkmmNU7PM>

Sincerely,  
Catherine Russi  
School Counselor