

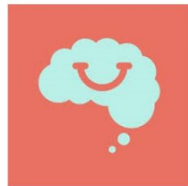
Resources from Supporting the Virtual Family Presentation

Elementary Resources

- Books to reduce anxiety and manage stress (Lower Elementary)
 - Wemberly Worried : By Kevin Henkes
 - It's Okay to Make Mistakes : By Todd Parr
 - Wilma Jean the Worry Machine : By Julia Cook
 - The Lemonade Hurricane : Licia Morelli
 - How Big are Your Worries Little Bear? By: Janeen Sanders
 - When My Worries Get Too Big! By: Kari Dunn Buron
 - 1-2-3 A Calmer Me: By: Brenda Miles & Colleen Patterson
 - Hey Warrior : By: Karen Young
- Family Podcasts: [Navigating the Unknowns: Family Support Podcasts](#) Podcasts surrounding a variety of topics. Podcasts are between 7-10 minutes long each.
- Apps to Download:
 - Smiling Mind: mindfulness techniques for in the home!
 - Dreamy Kid: Ages 3-7
 - PBS Kids
 - Daniel the Tiger: PBS Kids
 - Super Stretch: Tips and Tools to engage in Yoga.
 - Sesame Street App
 - Breathing Bubble



Apps to download



Conversation Prompts to use with your children:

Being intentional and specific when asking questions will allow you to facilitate meaningful conversation, aiding in your child's development as an individual as well as your growth as a strong, happy, and connected family.

TO GET TO KNOW YOUR CHILD BETTER

- What traits do you look for when you're making friends and why?
- What's your favorite thing about yourself?
- What's something that you find embarrassing and why?
- What goal(s) do you have for yourself?

TO ENHANCE FAMILY RELATIONSHIPS

- What's your favorite thing about your family and why?
- What are some things you've learned from your family?
- If you could make three family rules, what would they be?
- What should we do more of as a family? What do you wish we did less of?
- What do you like best about your siblings? What about your siblings do you find challenging?

TO HELP SHOW GRATITUDE

- What was the best part about your day and why?
- What are some things you feel grateful for today and why?
- What are some things that you don't need, but you're really happy to have?
- What are some things that are easy to complain about, but can actually be really great?

TO HELP DEVELOP IMAGINATION

- What's something that makes you excited?
- What do you dream about? What do you wonder?
- If you wrote a book or made a movie, what would it be about?
- If you could have any superpower, what would it be and why?
- What color is the happiest? What color is the angriest? What color is the most excited?

TO DEVELOP EMPATHY

- How were you able to be kind to someone today?
- How do you think other people feel about the way that you treat them?
- How can you support someone you see who is feeling down, being teased, etc.?
- If you could change one thing about the world, what would it be and why?

TO DEVELOP MENTAL STRENGTH

- What's your favorite topic/subject to learn about?
- What feeling is the most uncomfortable for you?
- How do you face your fears when you have them?
- Who helps you achieve your goals?

Conversation Prompts to use with your children:

What to ask instead of



How was your day?

-  What new fact did you learn today?
-  Who brought the best food in their lunch today? What was it?
-  Did you sing any songs?
-  If one of your classmates could be teacher for the day, who would you pick and why?
-  Did anyone push your buttons today?
-  What is your teacher's most important rule?
-  What was your favorite subject today?
-  What one thing would you change about your school?
-  Who did you play with at recess today?

-  What did you eat for lunch?
-  Did someone do something funny?
-  What did you do at recess?
-  Did anyone do something kind?
-  Who made you smile?
-  Which of your teachers would survive a zombie apocalypse?
-  Who do you want to make friends with but haven't yet?
-  What challenged you today?

-  Did anything make you feel scared today?
-  What book did you read?
-  Did anyone cry today?
-  What did you do that was creative?
-  Tell me about 3 different times you used your pencil today.
-  Did anyone get hurt today?
-  What's the one thing from home you wish you had at school?
-  Was anyone absent today?
-  Who did you sit next to at lunch?
-  If you could teach any subject, what would it be?