

Elementary School Breakout Session

Welcome! We will give everyone a minute to transition in from the main room before we begin.

Which dog do you feel the most like today and why?



Students, write your response!

Top Tips for Supporting your Elementary Student During Distance Learning

1. Take frequent breaks (not on devices) - outside, movement, deep breaths.
2. Children need socialization – set up zoom play dates or socially distant/pod playdates.
3. Listen and be present – ask your child how they are feeling. It's okay to not be okay.
4. Make sure children have enough sleep and nutritious food.
5. Set goals and make specific plans for the future so your child has something to look forward to.

Top Tips for Supporting your Elementary Student During Distance Learning

6. Communicate and model that your family and the school are on the **same team**.
7. Embrace imperfection - set the tone for how mistakes, setbacks, and challenges will be handled.
8. Go analog - supplement technology with physical materials to support learning - posted schedules & rules, times, art supplies, manipulatives, fidgets, etc.
9. Celebrate successes! Use positive reinforcement whenever possible.
10. Ask for help! Connect with other parents, your child's teacher, and mental health and support personnel within your school.

Things to say when our kids feel anxious and scared

This is tough right now but I know that we can get through this together.

I'm here and I've got you.

It's OK to feel anxious (or sad, mad, etc) so let's take care of your feelings.

We will take it one step at a time and focus on what we do have control over.

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES



Resources

Book/Read aloud

“A Little Spot Learns Online” by Diane Alber

“A Little Spot Stays Home” by Diane Alber

TONS of resources at dianealber.com (free book printables)

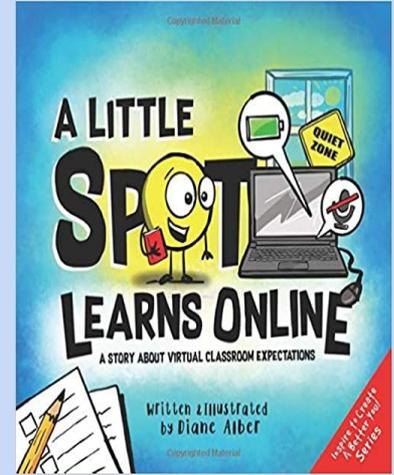
FCPS Parent Resource Center

<https://www.fcps.edu/resources/family-engagement/parent-resource-center>

Webinars, tutoring support, confidential consultations

Monday-Friday, 8AM-4PM, email prc@fcps.edu, phone 703-204-3941

FCPS Parent Technology Help Desk: 1-833-921-3277



Supporting Return to School (SRS) Program

The SRS program reflects Fairfax County's and Fairfax County Public Schools joint commitment to One Fairfax, and to ensuring that all families have equitable access to the services they need to support children's virtual learning.

At select sites, the SRS program will provide full-day on-site programming for children in K-Grade 6 residing in Fairfax County, Mon-Fri 7:30AM-6:00PM, starting Sep. 8.

For more information:

SRS Registration Office: 703-449-8989

<https://www.fairfaxcounty.gov/office-for-children/supporting-return-school-program>