

Resources from the Mid-Year Parent Night: 1/21/2021

Strategies to Support Your Child's Success

Routines & Expectations to Support Successful Learning

All resources link to Google Drive unless otherwise stated

- [My Morning Routine Daily Visual Chart](#)
- [Link to 2021 DIVE Expectations Chart](#)
- [Self-Soothe Box: Calming Technique Using All 5 Senses from "Help Me Grow" blog \(links to external site\)](#)

Navigating your Child's Virtual Learning Schedule

- [Make copy of weekly schedule here](#)
- [Make copy of daily schedule here](#)
- Yoga Break: [Yogafoster.org/mindful-remote-learning](#) (links to external site)
- Indoor Games & Activities to Get Children Moving from Big Life Journal [Indoor Games & Activities to Get Children Moving from Big Life Journal](#)

Facilitating your Child's Social-Emotional Well-Being

- [My Getting Unstuck Spinner from Big Life Journal](#)
- [Primary Calm Calm Center Starter Kit](#) can be downloaded at TeachersPayTeachers.com (links to external site)
- When I feel upset chart: [Strategies for Keeping Me Calm created by Big Life Journal](#)
- I Can Pause Chart: [Calming Strategies for Adults from Big Life Journal](#)
- [Size of My Problem visual \(using weather\)](#)
- [Size of Problem Chart with Emojis](#)
- [Size of My Problem chart \(can be downloaded for free here via Teachers Pay Teachers\)](#)

Additional Resources

- Big Life Journal offers weekly freebies for parents and educators to do with children, typically to support a positive mindset. [You can sign-up for the weekly freebies here](#)
- [Chrome Canvas Assignment Extension](#): This is not an official HCPSS developed or

supported solution. It was created by a member of the community. This extension adds a new section to the sidebar which displays all active assignments which have no submissions. This allows students to easily see which assignments must still be turned in.