

SMFCSD School Psychology

June 2020 Newsletter

To support families during this challenging time, we opened an **advice line** at [Ask the SMFCSD School Psychologist](#) where your submitted questions are answered by a panel of mental health and educational professionals. Check out the latest answers to your questions, plus supplemental resources, [on our website!](#)

MOTIVATING MIDDLE SCHOOLERS DURING DISTANCE LEARNING

"My middle schooler seems much more negatively impacted than my elementary schooler by the pandemic lockdown. The 8th grader is completely disengaged from schoolwork, staying up to 3-4 AM, missing class google meets and assignments and has zero motivation...What is the school doing to get kids back to some meaningful engagement and connection?"

[Click here for video answer](#)



HELPING A 7-YEAR OLD COPE WITH MISSING HER FRIENDS

"My daughter has had several melt downs because she is missing her friends. We encourage her [to] facetime them, write letters...but despite all of the coping strategies we have done with her, she still misses just giving them hugs. How else can we help her tackle this problem?"

[Click here for video answer](#)



COVID-19 PREVENTION TIPS IN SPANISH

[Click here for video answer](#)

Tips on hygiene and social distancing to prevent the spread of Covid-19.



HELPING 8TH GRADERS COPE WITH SHELTER IN PLACE

"My daughter is feeling unmotivated, frustrated, and just "down-&-out" with the continued shelter-in-place after about 6 weeks...Q: 1) What are things she can do to manage and cope? 2) As a parent, how can I help her? What not to do? 3) What are cues/signals to seek professional mental guidance?"

[Click here for video answer](#)



*A quick idea to promote your child's social-emotional learning
and well-being during distance learning*

Create Your Own Feelings Poster

(Submitted by Cece Hollis, Bowditch/Audobon School Psychologist)

Have your child brainstorm feeling words and write each word on an index card. Organize the words alphabetically, then tape the words onto a poster paper for the child to reference. Have the child complete the sentences below, using words from their poster:

- When someone pushes me, I feel _____.
- When I make a mistake, I feel _____.
- When I finish a project, I feel _____.
- When I help someone and they say thanks, I feel _____.
- When someone calls me a name, I feel _____.
- When someone won't share with me, I feel _____.
- When someone will share with me, I feel _____.
- When someone smiles at me, I feel _____.
- When I get a snack I didn't expect, I feel _____.

Use the poster to help children name their feelings. Draw feeling faces to accompany the feeling words. Come up with more trigger phrases and feeling words together.

[SEE OUR WEBSITE FOR MORE TIPS AND RESOURCES](#)