

Helpful Strategies to Help at Home

Here are some familiar strategies that can help with your children at home!

Zones of Regulation

Blue Zone	Sad Sick Tired Bored	
Green Zone	Happy Calm Ready to learn	
Yellow Zone	Frustrated Worried Silly/Wiggly Excited	
Red Zone	Mad/Angry Mean Out of Control	

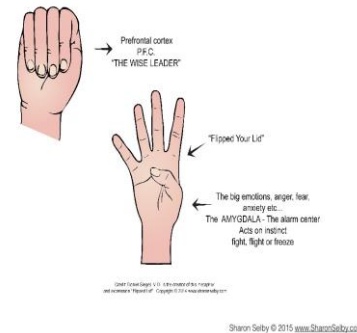
Inside Out – Meet the Zones

https://www.youtube.com/watch?v=L0e-oMZi000&list=PLNf04ZZuGki-452vF_fzh1KAYPsB8c6jz&index=4&t=0s

Inside Out Zones

<https://www.youtube.com/watch?v=L0e-oMZi000&t=116s>

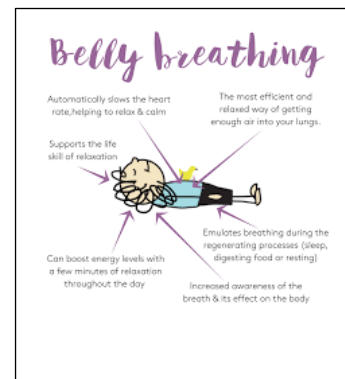
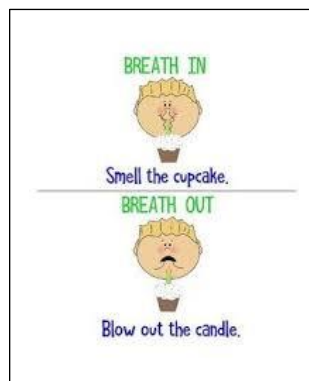
"Flipping One's Lid"



<https://www.youtube.com/watch?v=3bKuoH8CkFc>

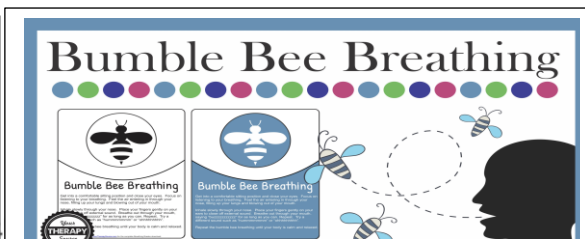
Calming Strategies

Breathe



You can find many more breathing and calming exercise online.

<https://copingskillsforkids.com/calming-anxiety>



How to Talk to



Your Children About

About COVID and Racism

COVID 19

Remain calm. Children will react to both what you say and how you say it.

Reassure children that they are safe. Let them know it is okay if they feel upset.

Make yourself available to listen and to talk. Let children know they can come to you when they have questions.

Avoid language that might blame others.

Provide information that is truthful and appropriate.

Teach children everyday actions to reduce the spread of germs.

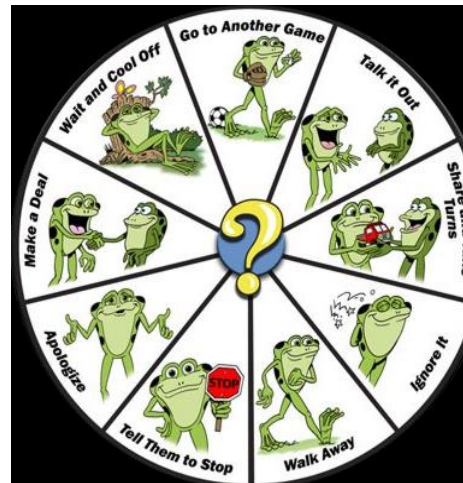
Information is from the CDC website.

Sesame Street Talks About COVID 19:

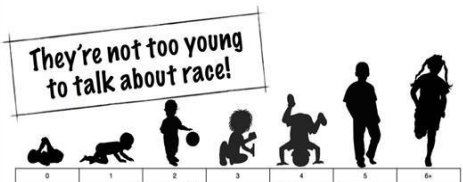
<https://www.youtube.com/watch?v=1dwV6NwYxwI>

Kelso's Choices

<https://www.youtube.com/watch?v=8QNgwTEk70>



Racism



Talking to your kids about racism from:

<https://www.unicef.org/parenting/talking-to-your-kids-about-racism>

~Being silent cannot be an option.

~It's OK not to have all of the answers.

~Celebrate diversity. You are the example your child follows.

Sesame Street Talks About Racism

<https://variety.com/2020/tv/news/sesame-street-elmo-racism-town-hall-cnn-1234626902/>