March 29th - April 2nd Weekly Newsletter

BACKPACK CONNECTION

How to Teach Your Child To Take Turns

English: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_socialskills_turns.pdf
Spanish: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_socialskills_turns.pdf

What is a Brain Break?

A brain break is a simple and quick activity that you can implement before, during, or after a teaching time that can get the blood pumping and more importantly, energizes the brain. Brain breaks can be more academic in nature, but we are sharing some that get the wiggles out.

These wiggle brain breaks can help wake up and recharge the brain,

Wiggle Brain Break Cards:

https://cdn.thisreadingmama.com/wp-content/uploads/2016/09/WBBCards-free.pdf

Carry books Pick up books and carry them across the room as you walk. Jumpin Jacks Do as many jumping jacks as you can until time is up. toe touches Bend down and touch your taes, then stand back up. Do it again. Stretch it Out Stretch your body out. You can stretch your arms, neck, sides, or legs. One foot hop Hop on one foot as many times as you can until time is up. Switch feet if you need tol

Your Child's Sleep

Getting enough sleep has a direct impact on a child's mental and physical health.

Here are just some of the reasons why getting a good night's sleep is so important for children:

★ Improved Cognitive Ability

 Students who get enough sleep have an easier time paying attention in school and at home.
 Sleep also helps with memory & motivation.

★ Behavior and Mood

 Getting enough sleep helps decrease instances of irritability, anxiety, moodiness, frustration, and stress.

★ Physical Health

 Sleep gives your child's body time to rest and recover. Not getting enough sleep is associated with long term health issues, including high blood pressure, diabetes, and obesity.