

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_SP.pdf

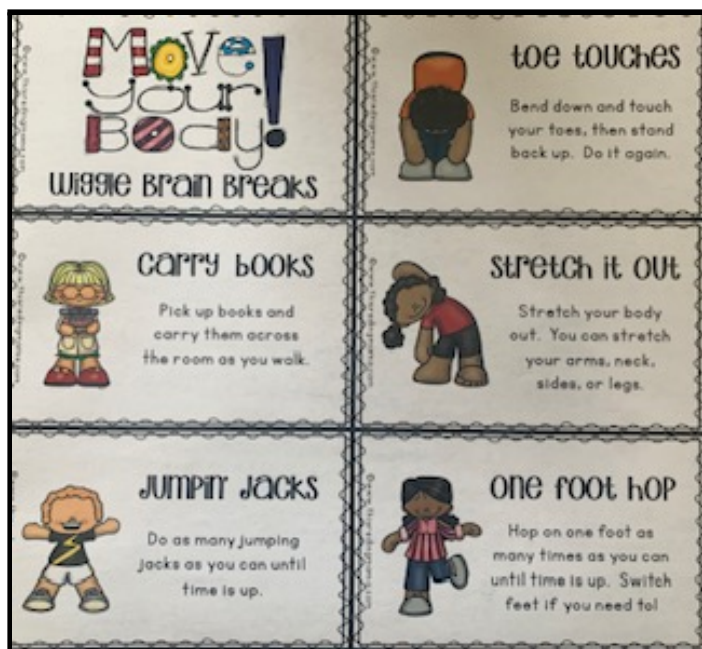
What is a Brain Break?

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>



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.