

Behavioral Health & Wellness

Family involvement has a positive effect on student behavior. When families are involved, students exhibit more positive attitudes and behavior.

PBIS

Replacement Behaviors

A replacement behavior is an appropriate behavior that serves the same function as an inappropriate behavior, allowing your child to meet their needs while they build the necessary skills for behaving appropriately. Make sure the replacement behavior is within your child's ability.

Function	Example: Running	Sample Replacement Behaviors
Attention	The student may run to get you to chase after them, yell at them, spend time with them, etc.	Teach the student to: <ul style="list-style-type: none"> raise their hand to get the teacher attention request to play a game with a preferred adult or peer
Escape	The student may run to get out of a task that is too hard, easy, boring, etc.	Teach the student to: <ul style="list-style-type: none"> request a break request help with a challenging task
Sensory	The student may run because they need movement	Teach the student to: <ul style="list-style-type: none"> request a movement break
Access to Tangible	The student may run because they want to get access to an object, activity, or person who isn't nearby.	Teach the student to: <ul style="list-style-type: none"> request the item they want using words or symbols

Mental Health

Self-Care

The practice of taking an active role in protecting one's own well-being and happiness. In particular during periods of stress.

Different Types of Self-Care:

Physical – Exercise, drinking more water, eating healthy, rest/sleep

Emotional – Cultivating a sense of compassion, kindness, and a love for ourselves and others. Try journaling, mindfulness activities and meditation, expressing your emotions through painting, writing, cooking etc.

Intellectual – Activities that you enjoy that nourish and challenge your mind. Such as, learning a new skill, podcasts, solving puzzles/crosswords

Social – Spending time with loved ones, reconnecting with an old friend, connecting on social media

Sensory – Lighting your favorite scented candle, listen to soothing music, walking bare feet on the grass



TIPS

Guidelines for Replacement Behavior

1. The replacement behavior should be within your child's ability. Set them up for success
2. Make sure the efficient behavior is efficient
3. Identify the results you want to obtain. Make sure the replacement behavior achieve those results

Social Work

Mindfulness

Mindfulness is focusing on the present. You are aware and accepting of your present feelings, thoughts, surroundings, and bodily sensation.

Mindfulness helps improve one's attention and ability to focus, sleep better, anxiety and stress reduction, depression relapse prevention, and physical health improvement.

Things to do at home to incorporate mindfulness in your daily life:

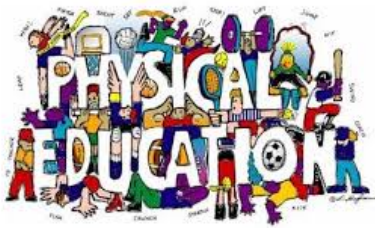
- Ask your child where in the house they feel most peaceful and why. You can then use that room to help reduce stress and do calming activities with your child.
- Coloring can be a great mindfulness activity to help keep your child focused on the present as they pick colors and concentrate.
- Breathing exercises can be helpful in calming the mind to reduce stress or anger.
- Dancing is a great way to find joy in the present. Pick a song and dance with your child as a break from work during the day.
- Taking a walk can help bring awareness to the present by focusing on what you are seeing and hearing while you are outside.

Behavioral Health & Wellness



The interest to boost the immune system has peaked significantly over the last few months across the country. In addition to following the safety recommendations of the Center for Disease Control (CDC), many are looking for supportive means to help their bodies prevent and fight off illnesses like covid-19 (if acquired). The search is on for measures to help increase the health of the immune system! The immune system is the natural defender of the body and is key in minimizing and getting rid of illnesses within the body. Boosting the immune system can take time and effort but doesn't have to be complicated, costly, or risky.

For tips on boosting the health of your immune system naturally and safely, please check out this article:
<https://www.healthline.com/nutrition/how-to-boost-immune-health>



Finding Ways to Stay Active at Home is Good for Your Physical and Mental Health

The following resources are available to your family at no cost:

[100 Mile Club – 26 Day Challenge!](#) For 26 days (or until school resumes, whichever comes first), track your progress and aim for 1 mile per day.

[Activity Works](#) 1-12 Minute Videos for Kids 4-10 Years Old Experience the joy of learning while moving with 50 Activity Works videos that provide academic content and supports whole child health. To request a free family account, parents should email info@activityworks.com

[BOKS at Home](#) Games and activities to keep kids active and happy. Also, Facebook LIVE BOKS classes weekdays at 12pm EST.



Reviving the Family Meal During the Coronavirus Pandemic



Regular family meals are linked to higher grades, getting along with others, and reduced risky behaviors in adolescents, according to the Family Meals Movement, which focuses on family meals, health and nutrition.

Check out this article about how to incorporate family meals into your daily routine.

<https://health.usnews.com/wellness/for-parents/articles/reviving-the-family-meal-during-the-coronavirus-pandemic>