

## Behavioral Health & Wellness

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

### PBIS

#### Student Motivation and Engagement Activity

**Lesson Title:** Playing Teacher

**Estimated Time:** 5-20 min.

**Grade Level:** Any

**Goal/Basic Concept:** Parents give students opportunities to pretend to be a teacher at home where they teach the material that is being covered in class. Changing up the roles that students normally play can help them be more engaged with what they are learning in school.

**Procedures:** When your child gets home from school, give him/her opportunities to pretend to be a teacher and teach you information from class. For example, have your child walk through a homework assignment that needs completed that night. Similarly, if your child has an upcoming test, have him/her design a practice test, administer it to you, and then review the answers together. Variations: If you are short on time, consider asking other siblings to act as the students. Depending on the ages of your children, you can have them rotate roles so that each child has an opportunity to play the role of the teacher.

**TIP**

**Consider asking your child's teacher for practice worksheets and other relevant resources that he/she can use as the teacher.**

Resource: *US Department of Education & Ohio Department of Education*

### Mental Health

#### **Boundaries**

##### Why Set Healthy Boundaries?

- Boundaries create a separateness that allows you to have your own feelings, make your own decisions, and know and ask for what you want.
- Boundaries are a form of self-care, create realistic expectations, and create safety.

##### Here Are Some Tips On How To Create Healthy Boundaries Within Your Life:

- Saying no to things you don't want to do or don't have the resources to do.
- Communicating to others how you want to be treated.
- Having personal space and privacy.
- Allowing others to make their own decisions.
- Recognizing which problems are yours and which belong to others.
- Communicating your thoughts, feeling and needs.
- Back up boundary setting with action.
- Be direct, firm and gracious.
- Don't debate, defend or over-explain.
- Have support easily available on the sidelines in the beginning.

### Social Work

#### **Stress Management**

While schools are operating online and children are at home all day, parents are being expected to be parents as well as teachers. It can become overwhelming to balance teaching, parenting, cooking, cleaning, working from home, and managing finances during this time.

As a parent, it's important to find healthy strategies to help you cope with all the stress during this time. Remember, small things everyday make a big difference!

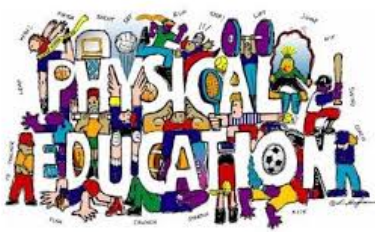
- Set a daily routine and prioritize what's most important. Only plan to do what is realistically possible to do in one day
- Be self-aware of your own basic needs that can affect your mood: nutrition, sleep, and your activity level
- Use your support – call a friend or a family member
- Take some time out of the day for yourself – read, listen to music, relax
- Celebrate all successes no matter how small
- Create opportunities for positive interactions with your child such as having your child help you cook dinner

## Behavioral Health & Wellness



Keeping our homes and work spaces clean can help us stay healthy in this COVID-19 Pandemic. Some of our *go to* products have not been available, so many of us have tried to become creative. The most important thing to remember is never to mix ACIDS WITH BASES. Mixing acid and bases together can create a very serious chemical reaction that can be quite harmful to us and those we love! Used alone they can be quite effective, but mixing them is where it becomes dangerous! Be sure to check out the website for a complete list of cleaners and which ones not to mix!

Source: <https://www.msdonline.com/2020/04/06/safety-tips-for-household-cleaning-products/>



### Let's Add Some Academics to the Fun

Use painters tape or masking tape to put a variety of shapes, letters, and/or numbers on your floor. Have your child stand on their favorite one then give them instructions that will lead to their next destination. This game will keep them moving, but also help them learn their shapes, letters, and numbers!

Examples:

- Bear crawl to the square
- Hop like a frog to the T
- Run to the rectangle
- Crab walk to the 3

#### Number Squares:

Make a large square with your tape and then divide it into 9 or more small squares, marking random numbers in each one. Now ask your child to perform a specific movement to get to the next number. You can even have them do some addition or subtraction to figure out which number to go to.

- Jump to 10
- Slide to 3
- Slither to 67



### Drug Prevention Tips for Every Age

Conversations are one of the most powerful tools parents can use to connect with — and protect — their kids. However, when tackling some of life's tougher topics, especially those about drugs and alcohol, just figuring out what to say can be a challenge. We have provided scenarios and scripts below on what to say to your child, no matter their age.

#### Helpful to Note:

- Always keep conversations open and honest.
- Come from a place of love, even when you're having tough conversations.
- Balance positive reinforcement and negative reinforcement.
- Keep in mind that teachable moments come up all of the time — be mindful of natural places for the conversation to go in order to broach the topic of drugs and alcohol.

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[13-18 Years Old](#) [19-25 Years Old](#)