

A New Way to Your Day

- ❖ Give your child a fresh start to the day. These are very different times to our day. So I have a few suggestions to help out.
- ❖ Instead of looking at large time blocks, make the day into short, manageable chunks, like 30 minutes at a time.
 - ❖ You know your child (ren) and what they need. You know how well they work at one time; make a schedule that works with that. Not everyone is the same.
- ❖ Some children have a hard time working independently which makes it harder to focus, this brings back working in small segments.
 - ❖ Create a schedule that works well for you and your child but have a schedule.

Brain Breaks

This is called Focus Ball

Part One

- Stand with your feet and legs together.
- Bring your fingertips together in front of your chest.
- Bend all of your finger joints to form a ball shape with your hands.
- Press your fingertips together firmly until you feel the muscles of your arms working.
Can you feel the muscles all down the front of our body working together?

As you create the focus ball, imagine a goal or image inside the ball.

➤ Part Two

- Press your hands and lower arms together, starting with your fingertips and ending with your elbows. Keep your hands in front of your chest and your fingers pointed forward.
- Slowly peel apart your arms, in the same way: fingertips to elbows. Then keep going! Continue to reach your arms as far apart and away from your chest as they can reach.
Extend them out to the sides and then behind you.
- As you open your arms, step to a wide stance.