



Skills for @ Home Learning
What we've learned so far...



Introduction

Your children's emotions may be running high as the pandemic continues. It is important that you don't neglect your own emotions! Most of us are familiar with the instructions given before flight takeoff – that in the event of an emergency, you need to secure your own oxygen mask before you can secure the masks of others. The same applies to emotional regulation. It can be difficult to pour into your children when you are running on empty. In the next two issues of the BRT Study Skills Newsletter, we will focus on Emotional Regulation for both you and your student(s). This issue is all about you!



Pace Yourself

If we view this shift in life (as we know it) as a gift of time, we might feel the pressure to be super productive and cross everything off our lists. Being able to do that is great! However, it is also perfectly fine if this gift of time is used to rest and reset; that is its own class of productivity!

When building those schedules discussed in the first newsletter, don't forget to build in time to connect that is unrelated to academics and work.

Do More...

- **Laughing with your family. Use this gift of time to create special moments. Find comedy shows and movies that ease your mind.**
- **Writing in a journal whenever you feel worried, upset, or stressed.**
- **Loving your family, friends, and the moments you are able to share together.**
- **Breathing and meditation by concentrating on your breaths and body, engaging your senses to notice how each breath and movement feels.**
- **Reframing your thoughts. Think of positive themes, ways to be helpful, and successes.**

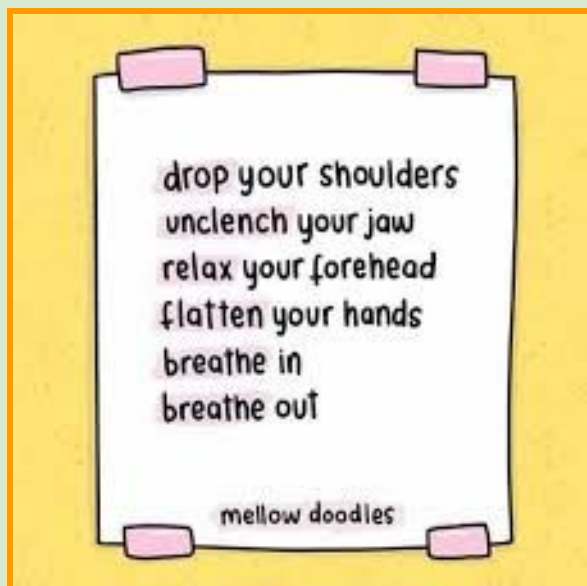
Parent Self-Care

Schedule a self-care day for yourself, or even better, build it into your daily schedule. Consistently practicing self-care in small bits is helpful! Prepare your children for this, outlining what activities are acceptable and circumstances in which you can be interrupted. What brings you peace and resets your mind? Is it reading? Exercise? Cooking? Listening to music or a podcast? Exercising? Reflecting on your faith? Journaling? Connecting with a friend? A chance to unplug from technology? Make time for those things!

In Moments of High Stress

- ❖ Bring your stress level down by separating yourself (if needed), closing your eyes, and breathing deeply to slow your heart rate. Breathe in and count to 4, and then breathe out and count to 5.
- ❖ Think of something that brings you peace and joy. Put a smile (or at least a smirk) on your face!

- ❖ Identify the source of your stress.
- ❖ Think of ways that you can prevent the source from creating intense stress in the future.
- ❖ Implement those strategies! Self-care doesn't work without prioritizing those actions.



WEEKLY HELPFUL HINT:

Are you aware of how your body holds stress? Throughout the day, take a moment to relax your body.

It is important to all of us at Pasadena ISD that you get the help you need and communication is vital. Please make sure to:

- Check the district and your child's campus website/Facebook page daily
- Reach out to your child's teacher(s), counselor, assistant principal or principal with issues you are struggling with or questions you have.

Feel free to let your campus know if there are any topics you would like our Behavior Response Team to address in future newsletters. We appreciate all suggestions.