

**Paris I.S.D.**  
***Social, Emotional and Behavioral***  
***Newsletter 5***  
***April 20, 2020***



Collection of documents in a Google Drive folder

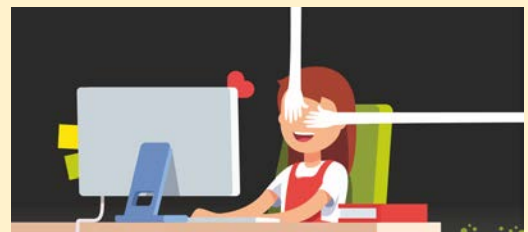


**Technology Based Tools (Apps)**





**Windows 10 Parental Controls: Complete Guide**

by Shawn Abraham

<https://www.windowsschimp.com/parental-controls-guide/>



**Microsoft family features**

			
<b>Keep kids safer online</b>	<b>Set screen time limits</b>	<b>Filter content</b>	<b>Avoid surprise spending</b>
Use the family settings across all of their devices to stay aware of their activity.	No more arguing. Set it and forget it with a balanced limit on your kids' devices, apps and games.	Make sure your kids view content and play games that are right for their age.	Get an email when your kids want a game or app in the Microsoft Store—instead of a receipt.

<https://account.microsoft.com/family/about?refd=support.microsoft.com&ru=https:%2F%2Faccount.microsoft.com%2Ffamily%3Frefd%3Dsupport.microsoft.com>



## Healthline: The Best Meditation Apps

<https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>



## Headspace Guided Meditation and Mindfulness

<https://www.headspace.com/headspace-meditation-app>

## Insight Timer: Free App for Stress, Anxiety and Sleep

<https://insighttimer.com/>



## The Mindfulness App

<https://themindfulnessapp.com/>



## Sattva Free Meditation App

<https://apps.apple.com/us/app/sattva-meditations-mantras/id930904592>



## Simple Habit: Meditation App

<https://www.simplehabit.com/>

*you're*  
**BRAVER**  
THAN YOU BELIEVE,  
**STRONGER**  
THAN YOU SEEM,  
*and*  
**smarter**  
THAN YOU THINK.

- A.A. Milne -

## Academic Support/Tools

### E-Learning Activities for Students of All Ability Levels

#### Birth-3yrs and PreK-12

[https://docs.google.com/document/d/1bQloz9zlZvR-icnAieFDsQ2RbBwXlIPt0KemBcibW\\_I/edit](https://docs.google.com/document/d/1bQloz9zlZvR-icnAieFDsQ2RbBwXlIPt0KemBcibW_I/edit)

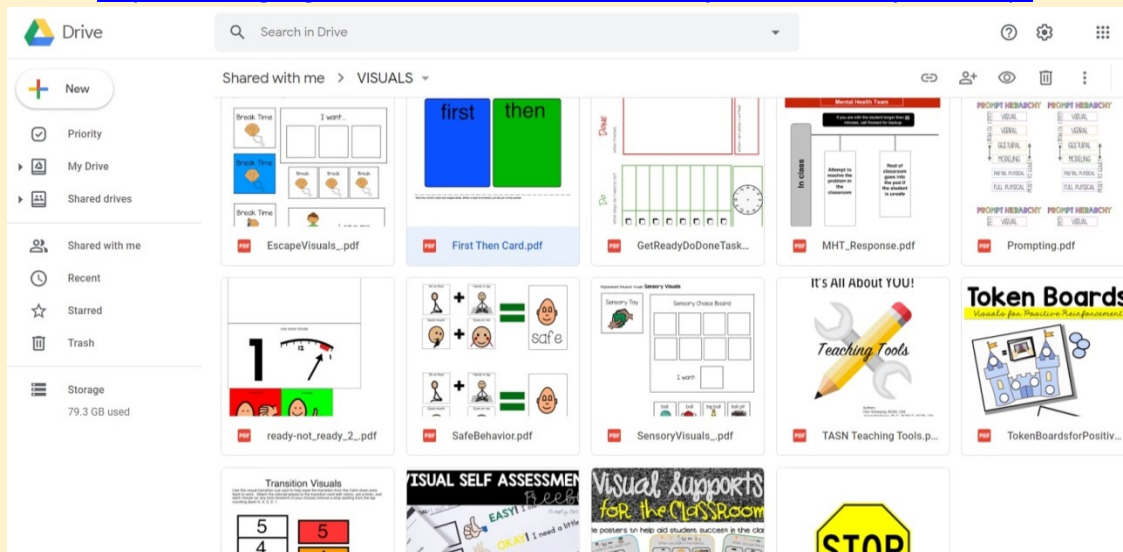
E-Learning Resources for Students of All Ability Levels		
ACTIVITY	RESOURCES & ACTIVITIES	SUPPORT
EARLY INTERVENTION (Birth-age 3)		
AAC Resources		
Early Intervention During Coronavirus		
EOLC: Head Start		
AAC Language Lab		
Brown's Stages of Syntactic and Morphological Development		
ACADEMIC (PreK-12th)		
ABA Curriculum Resources	ARTICLE: Focus on Five: Tips for Parents for Home Learning	
	ARTICLE: Do-It-Yourself Materials for ABA-based Learning	



<https://www.esc4.net/covid>

### Planning and Organization Tools for Executive Functioning

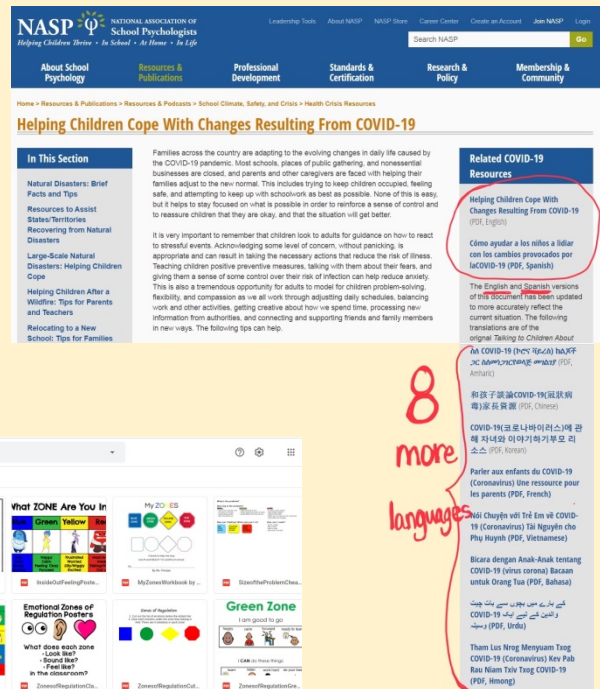
<https://drive.google.com/drive/folders/11fhMitvJbjGDKuKANXSZtkjR2P38ITqD>



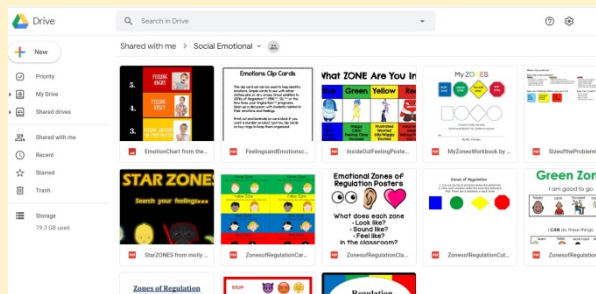
## Mental Health/Trauma Tools

### Helping children cope with changes: In Many Languages

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

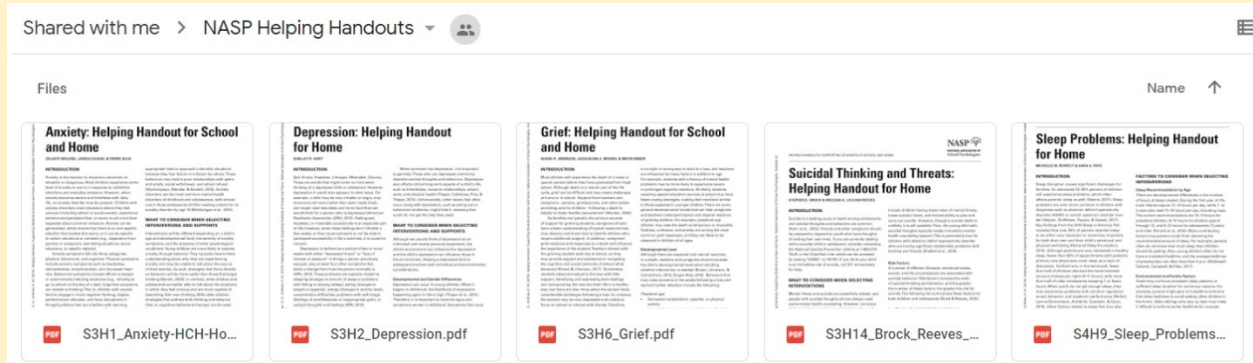


### The Zones of Regulation: Teaching Self Control and Problem Solving



<https://drive.google.com/drive/folders/1cs3zRiQnDYmEPEircg8QYVgDICnfY0rr>

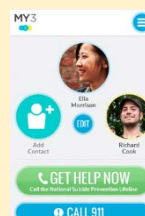
### NASP Helping Handouts: Depression, Sleep Problems and More



<https://drive.google.com/drive/folders/1Ud4Cyr0QJrDcFlv20Xynz-W0sd89rqLI>

### A Trauma Sensitive Response to Covid 19

<https://www.awccommunities.org/traumasensitivecovid19>



### MY3 Suicide Prevention App

<https://my3app.org/>



BEST THING WE CAN DO FOR  
KIDS... INSTEAD OF TEACHING  
THEM HOW TO ALWAYS BE  
SUCCESSFUL... TEACH THEM HOW  
TO RESPOND WHEN THEY ARE  
NOT SUCCESSFUL.

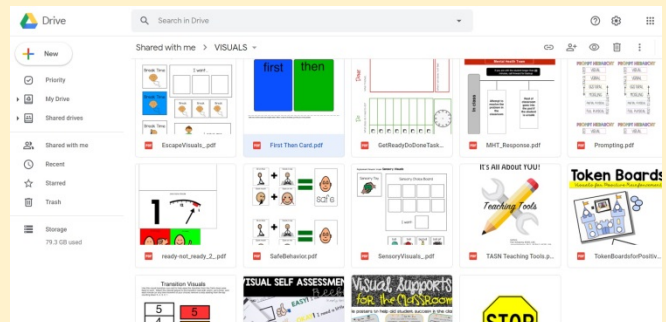
- PRINCIPAL EL



## Behavior Support Tools

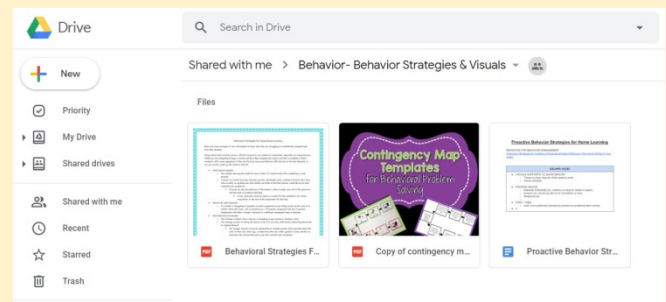
### Behavior Strategies that Work: First & Then and Token Boards

<https://drive.google.com/drive/u/0/folders/1dWNhC2KdXw43GIroscbpOzJILsVUdq3I>



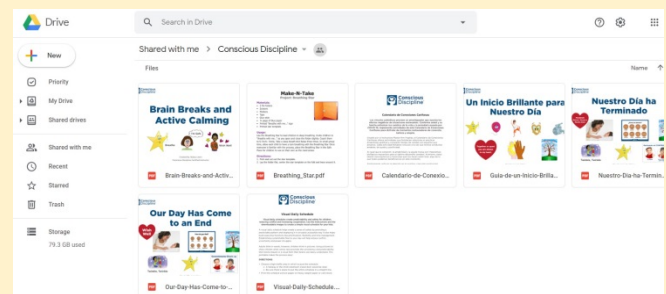
### Behavior Strategies for Home

<https://drive.google.com/drive/folders/1Qrb0c5HuX4LaXi0MN9v-LMlIfW4LWwQ9>

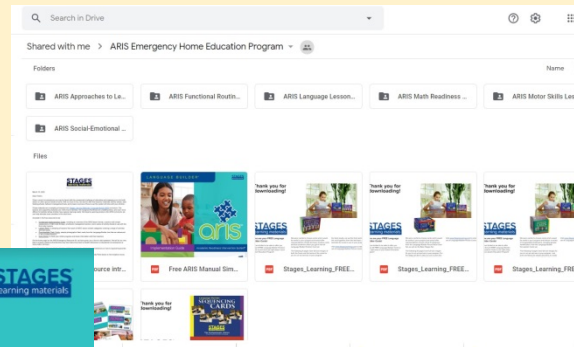
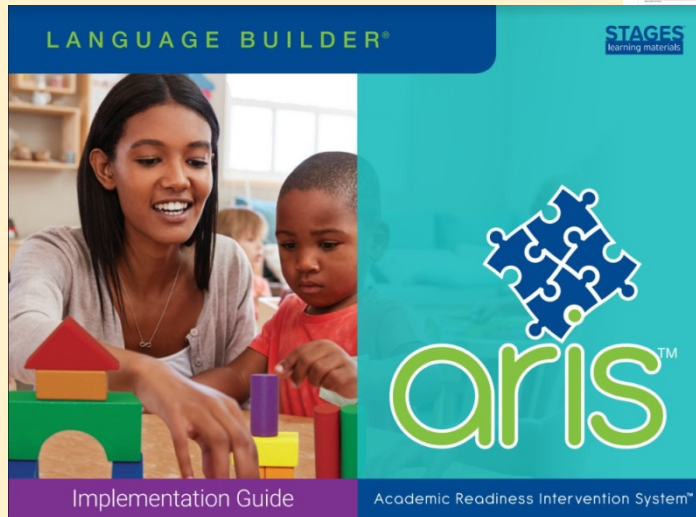


### Free Resources from Conscious Discipline: Breathing Star - Brain Breaks - Daily Schedule - Evening Routine

<https://drive.google.com/drive/folders/1JXNOY5OE1aqONNTLT81eeVO1H7UrhH-s>



Free ABA lessons from  
Stages Learning Materials'  
Language Builder ARIS  
curriculum



<https://drive.google.com/drive/folders/1UVAWvPwV5VCVDWddsOkPx5glyHLMsKUJ>

Effective Child Management Strategies Tool Kit

<https://drive.google.com/file/d/18eGibvivQIbJ0dOHWcldARsmCub4yxC/view?usp=sharing>



## Exceptional Learning Tools (Special Education and Early Childhood)

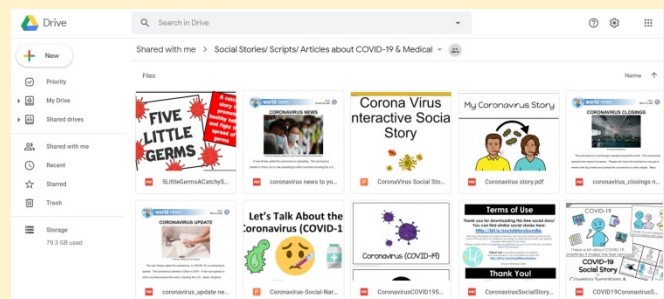
## A collection of family resources

<https://www.cec.sped.org/Tools-and-Resources/Resources-for-Teaching-Remotely/Resources-to-Share-with-Families>



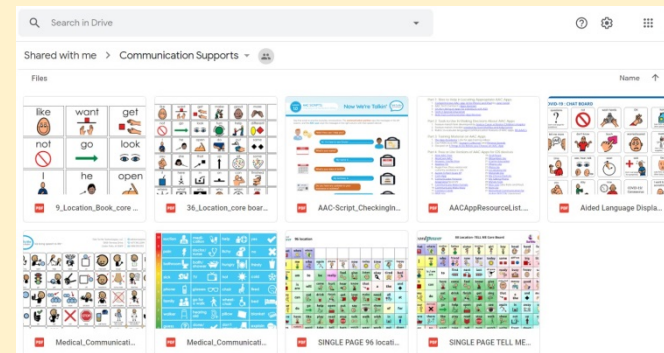
## Social Stories

<https://drive.google.com/drive/folders/1bdTniPpBXFIXo1YSHzvu0zqUxTMENJSM>



## Communication Tools and Supports

<https://drive.google.com/drive/folders/1KDoC2HSDMpxJRMgih5g7BR9DygilAI7P>

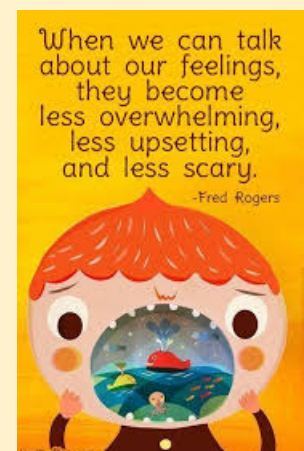


## Mr. Rogers Center: Tools for Young Children



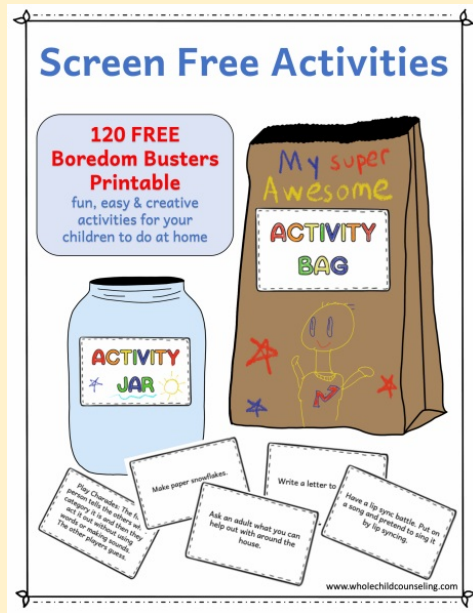
## SUPPORT FOR HELPERS

[https://www.fredrogerscenter.org/  
what-we-do/child-wellness/coronavirus-response](https://www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response)





## Parent Corner



### 120 Screen Free Activities for Kids of All Ages

<https://drive.google.com/open?id=1YhgY9guGcPicYTClHmOeatiTvNgtK-Hz>

### VIDEO: Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>



**“To be *gritty* is to keep putting one foot in front of the other. To be *gritty* is to hold fast to an interesting and purposeful goal. To be *gritty* is to invest, day after week after year, in challenging practice. To be *gritty* is to fall down seven times, and rise eight.”**

ANGELA LEE DUCKWORTH

G<sup>2</sup>

## Additional Resources/Links



If your child is served by special education and you would like to receive mental health resources and alerts during at-home learning, please sign up for the LSSP's Remind group.

LSSP Alerts  
@lsspal

If your child is served by special education due to an emotional disability or receives direct/consult Psychological Services from the LSSP, please sign up for the LSSP's Remind group on their campus.

Justiss  
@fieldjes

Aikin  
@fieldaes

Crockett  
@fieldcis

P J H  
@fieldpjh

PHS  
@fieldphs

Travis  
@msfieldth

To Join: Text the group code to 81010 or Search for the group in the [app](#) or [online](#)

# VISIT OUR WEBSITE

<https://www.parisisd.net/SpecialServicesAtHome>



Dear Parents,

Don't stress about schoolwork. In September, I will get your children back on track. I am a teacher and that's my superpower. What I can't fix is social-emotional trauma that prevents the brain from learning. So right now, I just need you to share your calm, share your strength, and share your laughter with your children. No kids are ahead. No kids are behind. Your children are exactly where they need to be.

With love,  
All the teachers on planet Earth



### District Support Team

Elizabeth Field, District LSSP

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