



# STRESS LESS

By Your Counselors: Mindy Ryan and Tiffany Mitchell



1. Who is someone you can talk to when you feel stressed?

- Ava likes to talk to me when she feels stressed.





2. What is something that you like to do that involves movement?

- Ava likes to run





What is your favorite healthy snack to eat?

- Ava likes fruits, vegetables, cheeses, and nuts.



What relaxes  
you?

Ava likes to  
write.





What is your favorite hobby?

- Ava likes to play soccer.



What friends do you like to talk to or hang out with that make you happy?  
(With a mask and outside☺)

- Ava likes to hang out with the neighborhood girls.



# **STRESS LESS**

**Mrs. Ryan and Ms. Mitchell, School  
Counselors**

**Dranesville Elementary School**



## 5 Helpful tips

1. Use a visual schedule for daily routines
2. Designated area for schoolwork
3. Use timers
4. Use a choice board
5. Communicate with your child's teacher

# Use a visual schedule for daily routines

## Morning(AM) Schedule

- Wake up
- Brush teeth & **get dressed**
- Eat breakfast
- Move to work area
- Log online for school
- Math/LA
- Screen Break
- Specials

A.M.		P.M.	





# Use a visual schedule for daily routines

1. Keep it simple!
2. Be consistent!
3. Every child is different!

**YOU CAN DO THIS!** Contact us we're here to help!



# Designated area for schoolwork

1. Pick an area that works best for you and your child
  - a. Kitchen, dining/living room, designated spot in bedroom
2. Look for items you can repurpose
3. Have everything they need for school there
  - a. Include their schedule, supplies, timers, reinforcers, and headphones
4. Try to minimize distractions
5. Make it clear that this is their space for school and not for play!



# Use a timer

- Great way to break up the day
  - Ex: use timer to signal a break
  - Ex: use timer for reading or homework
- Most of the teacher's will put up a timers for breaks and transitions

















# Use a choice board

- This might be helpful for screen breaks and general breaks.
- You can modify it to fit your family!

## My Choice Board

 write name	 cook	 board game	 iPad
 Play dough	 color	 worksheet	 craft
 blocks	 yoga	 book	 chores

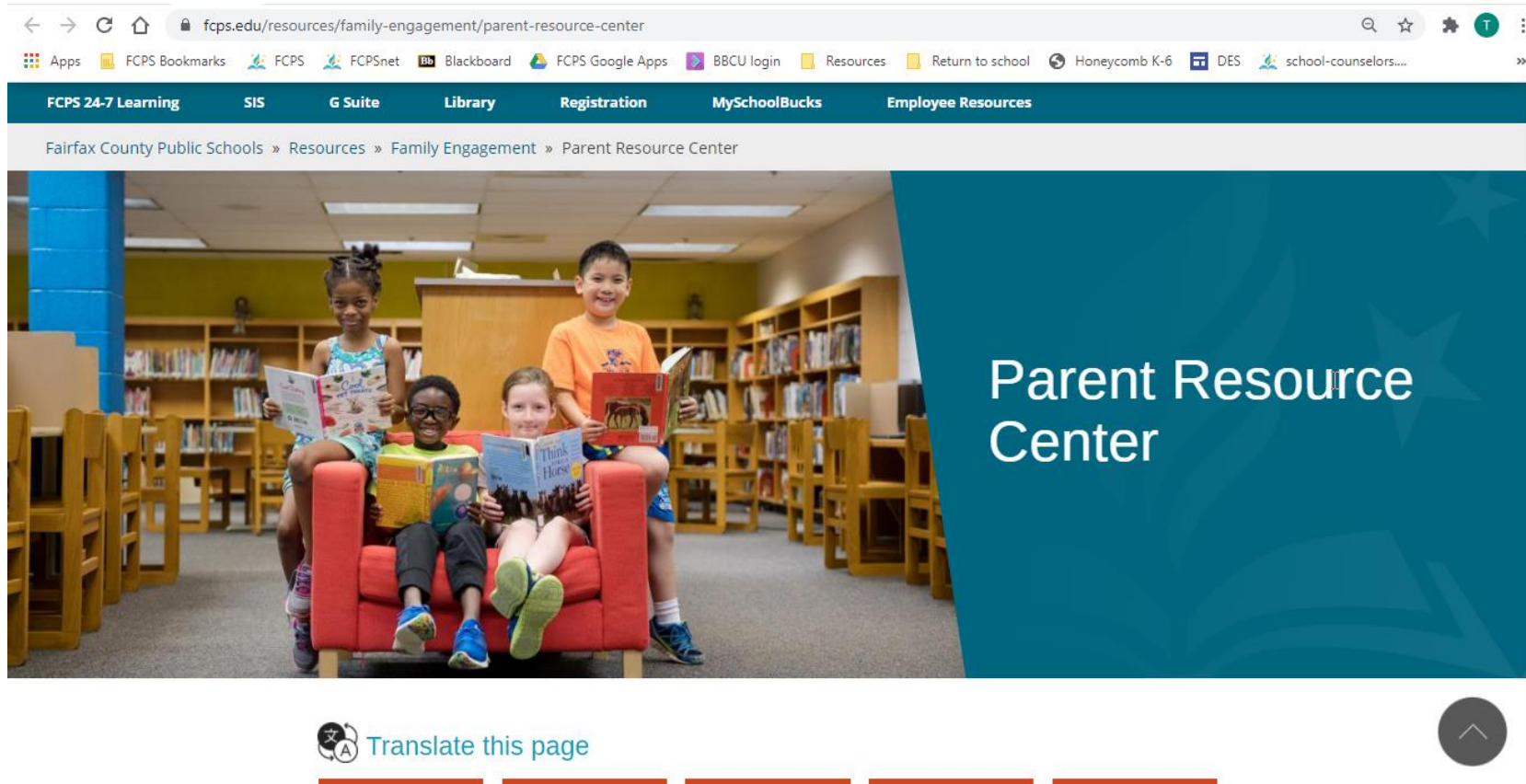
# Communicate with your child's teacher

1. Download the talking points app
2. Stay in communication with the teacher
  - a. Email or visit google classroom
3. Have a copy of their daily schedule



**talkingpoints**

# Resources- Parent Resource Center



**Hours: Monday -  
Friday, 8 a.m. to 4  
p.m.**

**Contact us by email  
[prc@fcps.edu](mailto:prc@fcps.edu) or  
phone 703-204-3941**



# Resources-Parent Resources Center

- **October**
  - **Encouraging Positive Behaviors at Home Series, Challenging Behaviors: Prevention Strategies and Teaching Self-Control**
    - Thursday October 22, 2020, 10 a.m. - 11:30 a.m. and 6:30 - 8:00 p.m.
  - **Dyslexia Awareness Month: A Webinar for Families**
    - Wednesday, October 28, 2020 10 a.m. - 11:00 a.m.
- **November**
  - **SibShops: A Webinar for Brothers and Sisters of Children with Special Needs**
    - Monday, November 2, 2020, 10 a.m. - 11:00 a.m. or 1 p.m. - 2:00 p.m
  - **Digital Citizenship Series: Tips for Parents: Helping Kids Navigate Life in the Digital Age**
    - Part 1 Friday, November 6, 2020, 10 a.m. - 11:30 a.m.
    - Part 2 Friday, November 13, 2020, 10 a.m. - 11:30 a.m.

# Contact us

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**Also, we have a google form available for students and parents to access**