

# CAREGIVER'S CORNER

## Tips and suggestions to support the social-emotional needs of SPF families

### Book Recommendation:

This month we are recommending **"B is For Breathe"** by Melissa Munro Boyd.



From the letters A to Z, "B is for Breathe" celebrates the many ways children can express their feelings and develop coping skills at an early age. Fun, cute, and exciting illustrations teach kids simple ways to cope with fussy and frustrating emotions. This book will inspire kids to discuss feelings, show positive behaviors, and practice calm down strategies.

## Join us this month in making May for Mindfulness!

Mindful breathing is a very basic yet powerful mindfulness meditation practice. The idea is simply to focus your attention on your breathing, its natural rhythm and flow, and the way it feels on each inhale and exhale. This type of slowing down and taking a deep breath is one of the best ways to lower stress in the body. The inhale and the exhale bring different gifts.

Inhales are expansive, uplifting, energizing and opening. Exhales are calming, grounding and softening. Together, they bring balance to the body

and mind. (Calm For The Schools Lesson Plan, 2020)



## *Online Mindfulness Resources for Children:*

### *Yoga:*

Cosmic Kids Yoga Videos

[https://www.youtube.com/  
user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

### *Meditation:*

Headspace Youtube Channels  
(Variety of playlists including  
Sesame Street “Monster  
Meditations”)

[https://www.youtube.com/  
channel/  
UC3JhfsGFPLSLNEROQCdj-  
GQ](https://www.youtube.com/channel/UC3JhfsGFPLSLNEROQCdj-GQ)

### *Progressive Muscle Relaxation:*

Children’s Hospital of  
Pennsylvania (CHOP)

[https://www.chop.edu/health-  
resources/guided-relaxation-  
exercises](https://www.chop.edu/health-resources/guided-relaxation-exercises)

### *Deep Breathing:*

Even young children can  
learning deep breathing, try  
this episode of PBS’ Daniel  
Tiger

[https://pbskids.org/video/  
daniel-tigers-neighborhood/  
2365903183](https://pbskids.org/video/daniel-tigers-neighborhood/2365903183)

## *Caregiver’s Tips of the Month*

### 5, 4, 3, 2, 1 Grounding Exercise:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations and it is great technique to walk your child through.

Take a deep belly breath to begin:

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the air on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the 3 things out loud.

2 - SMELL: Say 2 things you can smell. If you’re allowed to, it’s okay to move to another spot and sniff something. If you can’t smell anything at the moment or you can’t move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or mint from after lunch. If you can’t taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.



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### Feeling The Love

This benevolent, compassionate type of mindfulness awareness practice is easy to learn and can help children develop a sense of empathy.

“Loving-kindness is meant to be done in the easiest way possible so that the experience springs forth naturally.” “Start with yourself, and end with all beings everywhere.”



Take a comfortable, seated position and close your eyes:

Notice where you first feel your reach entering and exiting your body, and let the sensation anchor you in the present moment.

Offer loving-kindness to yourself:

The classic sequence begins with you, the idea being that it's easiest to offer love to yourself first before you can offer love to others. “If this is difficult because of harmful self-talk, you can skip this until you're ready.” Repeat these phrases silently for two to three minutes:

May I be safe

May I be happy

May I be healthy

May I live with ease.

Offer loving-kindness to a benefactor:

It could be someone who has helped you, inspired you or always makes you smile. It can be a mentor or a family member.

Offer loving-kindness to a neutral person:

This is a person you tend to look right through or ignore. This is a poignant category right now, because the neutral people, the people manning the cash registers at the supermarkets and delivering our food and mail are the ones currently risking their lives for us.

Offer loving-kindness toward a person with whom you have difficulty:

It's common to feel resentment and anger, but don't judge yourself for that.

Finish by offering loving-kindness to human beings everywhere:

This exercise is a reminder that everyone needs love and compassion and that our lives are inextricably linked.

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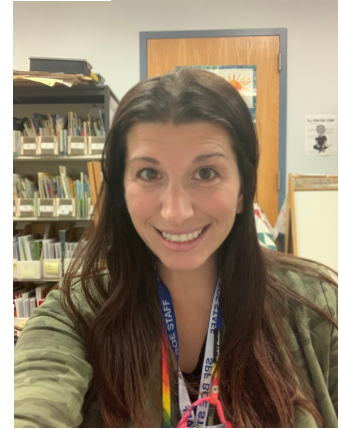
## Meet the Student Assistance Specialists



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