

Ashwaubenon School District- Elementary Level

Behavioral Health & Wellness Resources



Resources for Talking to Kids About Coronavirus:

[PBS Kids: How to Talk to Your Kids About Coronavirus](#)

[Brain Pop Video About the Coronavirus](#)

Social-Emotional Learning Resources

Active Screen Time Resource

<https://www.gonoodle.com/for-families/>

Yoga, Mindfulness & Relaxation Designed for Kids Aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Videos for Sleep, Meditation and Relaxation

<https://app.www.calm.com/meditate>

Progressive Muscle Relaxation for Kids

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8

<https://www.vaview.vt.edu/>

Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons

<https://wedolisten.org/>

Mindfulness Websites/Activities

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

Giant List of Ideas for Being Home with Kids

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

Explore Brain Pop Videos and Activities

<https://jr.brainpop.com/health/>

Coping Skills Resources

https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html

10 Days of Live 'Choose Love' Lessons For Parents and Children

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

Lego Challenge: Get creative and enjoy 30 days of Lego fun.

30 Day LEGO Challenge							
Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.	
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.	
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?	

Daily Home Schedule		
7:00	BREAKFAST	
7:30	FREE PLAY	
8:30	LEARNING ACTIVITIES	
10:00	SNACK	
10:30	CRAFTS	
11:00	MOVEMENT ACTIVITIES	
11:30	STORY TIME	
12:00	LUNCH	
12:30	OUTDOOR PLAY	
1:30	LEARNING ACTIVITIES	
3:00	COOKING & SNACK	
4:00	GAMES & PUZZLES	
4:30	FREE PLAY	
5:30	DINNER	
6:00	FREE PLAY & TECH TIME	
7:30	BEDTIME ROUTINE	

Activity Ideas



LEARNING

- MATCHING
- COUNTING
- PREPOSITIONS
- COLOR/SHAPE ID
- PATTERNING
- LETTERS/NUMBERS
- DESCRIBING
- ORDERING BY SIZE
- RHYMING

CRAFTS

- COLLAGES
- PAINTING
- STICKERS
- KINETIC SAND
- CARDBOARD BOX CREATIONS
- SCRAPBOOKING
- BEADING
- SEWING

MOVEMENT

- DANCE PARTY
- GONOODLE/FUN & FLUENCY (ONLINE)
- MOVEMENT SONGS
- OBSTACLE COURSE
- EXERCISES
- BRAIN BREAK ACTIVITIES
- YOGA POSES

FREE PLAY

- LEGOS/BLOCKS
- MAKE A FORT
- PUPPET SHOW
- DOLL HOUSE
- DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN
- CREATE A MAZE
- PLAY DOUGH

COOKING

- HOMEMADE PIZZA
- POPSICLES
- CEREAL BARS
- STOVETOP POPCORN
- PLAY DOUGH
- SLIME/OOBLECK
- APPLESAUCE
- JELLO/PUDDING
- FRUIT SALAD

STORY TIME

- STORYLINE ONLINE
- BOOKS ON TAPE
- PICTURE WALK
- FELT BOARD ACTIVITIES
- STORY RETELLING
- COMPREHENSION QUESTIONS
- STORY ELEMENTS

GAMES

- PUZZLE RACE
- PLAYING CARDS
- HIDE AND SEEK
- BOARD GAMES
- CHARADES
- FOLLOW THE LEADER
- SIMON SAYS
- ACTION IMITATION
- I SPY

OUTDOOR

- RIDE BIKES
- NATURE WALK
- SCAVENGER HUNT
- CHALK
- HOPSCOTCH
- BUBBLES
- JUMP ROPE
- SPORTS/RACES
- TAG

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