

To my dear Cowan students,

I miss you all and I hope you are all well!! I have included some fun and calming activities to assist you in figuring out your new normal with distance learning and social-distancing. These activities are optional, but might truly help you relax and get a better focus during this strange time.

Week 1

It is very important that you develop a routine and stick to it. Go to sleep and wake up at a reasonable time, write a to-do list for the day that includes time for school work and self-care, and get some exercise!! If you are concerned about contact, try first thing in the morning or later in the evening, and remember to stay at least 6 feet away from other people.

1. Write out your to-do list for the day each morning (or the night before). Having a focused list of goals to complete for the day will make you feel more productive and accomplished at the end of the day.
2. Listen to the read-aloud "Yoga Friends: A Pose-By-Pose Partner Adventure for Kids," by Mariam Gates and Rolf Gates - <https://youtu.be/DxbYjgWRu4w>
3. Get your exercise and calming breaths through Cosmic Kids Yoga Adventure - Trolls- <https://www.youtube.com/watch?v=U9Q6FKF12Qs>

For those of you who may not have internet access, practice stretching and breathing at home in the morning, afternoon, and evening. Breathe in through your nose and out through your mouth. Stretch and breathe for at least 15 minutes each day!

Week 2

This week I want us to focus on continuing to prepare for each day. Get showered and dressed in comfortable clothes, wash your face, and brush your teeth. Also, reach out to friends by calling them or writing them a letter, or emailing them a letter, to tell them that you miss them and can't wait to see them!

1. Watch a video on, "Why do We Brush Our Teeth?" - <https://www.youtube.com/watch?v=aOebfGGcjVw>
2. Write a letter to a friend!

Parents, your child(ren) may need assistance with some of these activities to complete them fully. If you, or your child(ren), have any questions at all, please, reach out to me by email at corey.ehinger@fcstn.net or by phone at 931-463-5030 (this is a landline number and will not accept texts). I am also available to talk to students if they are feeling scared or unsettled during this time. Please, reach out and I will be happy to help!

Stay healthy,
Ms. Corey

