



Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 52

Strategies to Build Skills to Get Through the Rest of this Weird School Year

1. Start with the assignments or task that are causing the most mental distress, once completed it will free up your child's mental energy.
2. If possible, move around for different parts of the day; don't stay in one spot as it zaps your energy and motivation.
3. Work for small spurts of time (30 mins. maximum) and then do something rewarding or enjoyable for 15-20 minutes.
4. Have one place for all assignments to be recorded and kept prior to submission.
5. Shut down extra tabs open on the computer, only have what's needed open to avoid distraction and temptation.



Joke Corner

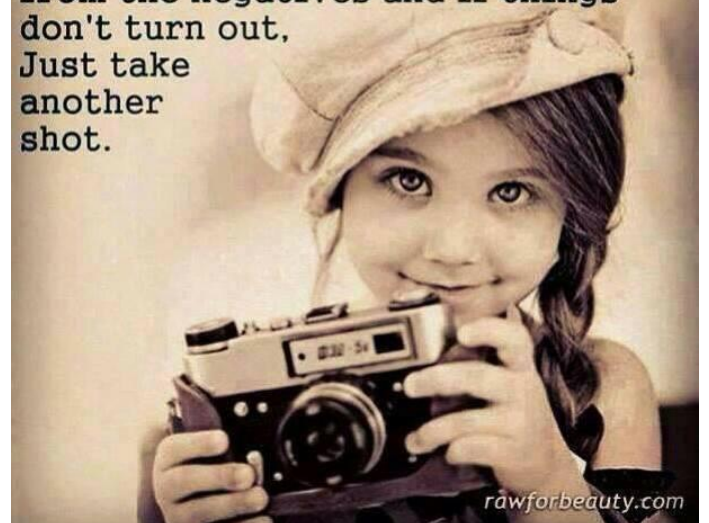
1. What kind of garden does a baker have?
A "Flour" Garden.
2. Why did the gardener plant a seed in the pond?
To grow a water-melon.
3. Why did the worm cross the ruler?
To become an inchworm.
4. What do you call a toothless bear?
A gummy bear.

<https://www.everythingmom.com/activities/60-jokes-to-make-kids-laugh>

Ways to Support Learning to Get Through the Rest of this School Year

1. Focus learning on your child's natural interests.
2. If your child gets stressed, take a break.
3. Make learning a game, through board games and puzzles.
4. Embrace Minecraft – Minecraft Education Edition – free until end of June
<https://education.minecraft.net/>
5. Take things one day at a time.
6. Follow your child's lead
7. Accept that homeschooling may not work for you and focus on happiness and getting through this together as a family.

Life is like a Camera.
Just focus on what's important and capture the good times, develop from the negatives and if things don't turn out, Just take another shot.



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