

Dear Aitken Parents,

I hope everything is going well for you all during these uncertain times. I wanted to reach out to the families to let everyone know I am thinking of them and also to provide a list of resources that I have been able to obtain so far. I too am in your shoes trying to think of ideas and activities to keep my children learning and busy while we are at home. Attached you will find a list of web resources and books related to Social Emotional development and learning. If you have any questions or want to reach out feel free to email me. Have a great day.

Tara Haggerty
School Adjustment Counselor
Mildred H. Aitken School

Web Resources

1. www.gonoodle.com/goodenergy - Movement and mindfulness based activities. Can be accessed on iOS, Android, AppleTV, Fire, or Roku.
2. <https://characterstree.com/> - This website teaches students about positive character traits by highlighting famous people from the past and present.
3. Go Zen Podcast – Dear Anxiety – A podcast for parents to learn about how help their children manage worry, stress, perfectionism. The most recent podcast have been related to helping children cope with fears related to the Corona Virus
4. <https://lexlogin.com/> - Free Access until 4/15 - The Social Express -- This is a social Learning curriculum using computer animation to teach children the fundamental skills to initiate and maintain relationships with others.

SEL Related Books

1. Anything written by Julia Cook. You can go on her website <http://www.juliacookonline.com/> and get a complete list of her books with a synopsis of each story. She is also offering a live reading of her books on Facebook live next Monday and Friday at 9AM Central time. She will offer a fun activity related to the book that was read.
2. Bryan Smith – Book Titles:
 - A. My Day is Ruined
 - B. Kindness Counts
 - C. What Was I Thinking
 - D. I Will Never Get All of That Done
 - E. What's the Problem
 - F. Time to Get Started
 - G. Of Course it is a Big Deal
 - H. It Was Just Right Here
 - I. When I Couldn't Get Over It I Started to Act Differently
 - J. Diversity is the Key
 - K. Stress Stinks
 - L. Mindset Matters
 - M. If Winning Isn't Everything, Why Do I Hate to Lose?
 - N. Empathy is My Superpower