

Dear Families, Parents, Guardians & Students,

Please scroll through this newsletter to find tips and tricks to help in navigating remote learning. You will find articles and activities to support you while you are at home. If you have any questions or need any assistance please contact me at [damorosi@runnemedeschools.org](mailto:damorosi@runnemedeschools.org). I hope you are all staying healthy during this time & I hope to see you soon!

Ms. Amorosi

## Resources for Students

### [Mindful Breathing to help anxiety and focus](#)

-Nearpod features different lessons and techniques to help with social emotional well being

### [Gratitude Journal for Students](#)

-Keeping a journal of what you are thankful for each day. Find journal sheets here!

### [2020 Covid-19 time capsule sheets.pdf](#)

-Create your own time capsule with these sheets to look back on what you were doing for yourself during remote learning

### [Escape Room: Escape from Hogwarts](#)

-Remember to always do something fun for yourself to help with self-care. Try this digital escape room by escaping from Hogwarts!



## Resources for Parents/Guardians

### [Coronavirus Sanity Guide](#)

-This website offers many different podcasts and videos to help individuals cope with the stress and anxiety of COVID-19. All resources on this website are free.

### [Resources for Families During the Coronavirus Pandemic](#)

-Common Sense Media has put together many different resources to help families navigate some of the challenges they may face during COVID-19. The "Parents Need to Know" tab has resources broken down by age group to better assist with your student and their age.

### [Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

-This resource gives helpful tips on how to help support your child with their emotional well-being during this uncertain time.