

# DONALD STEM ACADEMY

MAY 18 - 22



## MRS. JENNIFER MILLS

Office Hours: Monday-Friday  
9-11am and 1-3pm

 LISD STEM Academy at Donal...

 millsj@lisd.net

 469-948-2478

 sites.google.com/a/staff.lisd...

**SPIRIT DAYS MAY 18TH - 22ND**

**MINDFUL MONDAY**

## Kids Mindfulness: Calm Compilation



### TALK ABOUT IT TUESDAY

Most parents really do want to know about their child's thoughts, dreams and concerns. Getting your children to open-up isn't always easy. A great way to encourage that is to make a habit of daily conversations with your child. Conversations build connection. When children feel connected to their parent, they are more likely to be cooperative and open.



**Here are some questions that encourage conversations between parents and children:**

- What is your favorite memory about being \_\_\_ years old?
- If the story of YOU became a movie, how would the movie end?
- How would you describe a perfect day for you?
- If we had an airplane to take us on vacation right now, where would you want to go?
- If you could change anything about our family what would it be?
- If you could change anything in the world, what would you change and how?
- What is your biggest dream?
- What is your biggest worry?

### WELLNESS WEDNESDAY

Let your kids help you in the kitchen. Try new healthy recipes. It's not only a great learning experience, but also a great time to bond and have fun too!



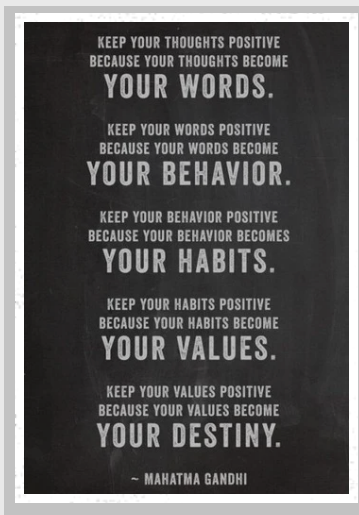
### THINK ABOUT IT THURSDAY

Encourage positive thinking and creating an environment that nurtures your children's beliefs in their abilities. Having that confidence enables them to take risks that will help them reach their potential. If you teach your child to have an optimistic view of solving problems with such words as "I can handle life's challenges," then later when confronted with an obstacle, your child can tell themselves, "I can find a solution. I can keep trying."

To foster that "I-can" attitude in your children, spend time with them, focus on their strengths rather than on their weaknesses.

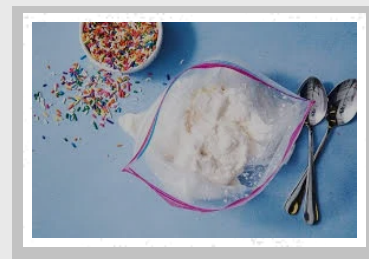
**The following is a great exercise to do with children:**

- Ask them to write a list that describes what they are good at doing, such as having an engaging smile or being good at dancing or reading.
- Place this in several different locations throughout the house, such as on the refrigerator, on the bathroom mirror, or above their beds.
- After days of seeing the list, they may internalize the ideas and gradually adopt the "I-can" attitude.



## FAMILY OR FRIENDS FUN FRIDAY

Make your own ice cream! It's easier than you think. You just need half-and-half, sugar, salt, ice, vanilla and a plastic baggie. Click on the picture below to begin the fun process.



## MAKE ICE CREAM IN A BAGGIE



## SOCIAL SKILLS LESSONS: TEACHING KIDS TO FOLLOW DIRECTIONS

Parents,

Check out these tips and videos on how help your children follow directions.

<https://www.smores.com/qr98p>

School is wrapping up and **summer** is knocking on the front door. Don't let the end of school year **panic** get you!



## GUIDANCE LESSON: END OF YEAR/TRANSITIONS

[https://docs.google.com/presentation/d/1HI8AnHyhkc\\_ptUQ5WY-ptVqWq3NldXnaRSICqvR4v2w/edit?usp=sharing](https://docs.google.com/presentation/d/1HI8AnHyhkc_ptUQ5WY-ptVqWq3NldXnaRSICqvR4v2w/edit?usp=sharing)

## LISD OVERVIEW OF RESOURCES ON COVID-19 FOR FAMILIES



### FREE MEALS

Click here for a list of locations serving free breakfast and lunch to any child age 0-18 years. <http://bit.ly/LISDfreemeals>



### SCHOOL BREAK RESOURCES

Additional services available to assist families during this time of need. <https://www.lisd.net/Page/23574>



### INTERNET ACCESS

If you need assistance with internet, here are some resources to help! <https://www.lisd.net/Page/23591>

## ASSISTANCE FROM THE COUNSELOR

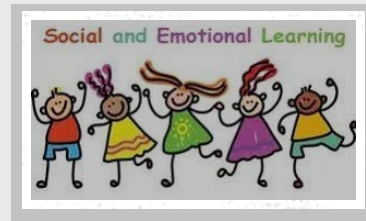
Parents- If you need to reach out to me for counseling services or assistance, please feel free to call, email, or submit this Google Form and I will get back to you as soon as possible.

\*\*\*Please remember, in the event of an emergency, always call 911.\*\*

# REQUEST FORM FOR COUNSELING ASSISTANCE

## LISD COUNSELING NEWSLETTERS

Guidance SMORE: help students continue to grow their Social Emotional Learning skills!



Mindfulness Monday  
Talk About It Tuesday  
Wellness Wednesday  
Think Through It Thursday  
Family or Friends Fun Friday

May 11-15. <https://www.smores.com/du08m>

May 4 - 8 <https://www.smores.com/fp5vs>

April 27 - May 1 <https://www.smores.com/2yhga>

April 20 - 24 <https://www.smores.com/8t9yv>

April 13 -17 <https://www.smores.com/92gn3>

April 6 - 10 <https://www.smores.com/v0hju-counseling-corner-april-6-april-10>

March 30 - April 3 <https://www.smores.com/gaq86>