**High School SEBS at Home Support amid COVID-19 Closure**

**From School Based Learning**



 **To Home Based Learning**

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**The transition from leaving home and attending school or going to work each day to remaining at home has not been easy for some students and families.**

**Suggestions to Support your Student’s Social, Emotional and Behavioral Health at Home**

**Establish family routines/schedules:**

1. Set bed-time, wake up time for M-F
2. Schedule school-work time – at least 2 hours in morning; up to an additional 2 hours in the afternoon
3. Set meal-times for the family – breakfast, lunch and dinner
4. Schedule outdoor physical activity 2 x day for 30 minutes – morning, afternoon
5. Identify a family activity daily – a family walk, a puzzle, a movie, house project

**For example:**

**8:30 am**: wake up

**9:00** breakfast

**9:30 -11:30:** school work – Unified classroom or Google Classroom

**11:30-12:00:** (outdoor) physical activity

**12:00**: lunch

**12:30-1:30/2:30:** school work

**2:30-3:30:** (outdoor) physical activity

**4:00-5:00** kids choice activity (video games, social media)

**5:00**: chores, help prepare dinner

**6:00** dinner

**7:00-8/9:00:** family activity (walk, games, puzzles, a movies, home project or craft, kids teach parents something they like)

**9:00:** kids choice activity

**10:30** bedtime



**Wash hands before snacks, breakfast, lunch and dinner**

**Give your student a quiet space with their laptop to complete their work**

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Encourage your student (and yourself) to keep a **daily journal** to help your student and family with **coping, mindfulness, anxiety** - you can also write stories poetry, songs, etc.

**Contact your mental health therapists/counselors** via phone or Zoom.

**If you need crisis services call: 413-733-6661, 417 Liberty Street, Entrance B, Springfield**

**Here are great websites where you and your family can go to do yoga or meditation:**

* Yoga For Teens /Yoga With Adriene
* Yoga to Calm Your Nerves/10 Minute Teens Yoga Class with Yoga Ed./Ages 13-18
* Yoga para los jóvenes (español)

**Please contact your student’s SEBS Teacher, Clinician or Behavior Specialist when you need assistance and respond to them when they reach out to you 😊**