

A collection of light-colored wooden blocks scattered on a purple background. In the center, a row of blocks spells out the word "WELLNESSES". The 'W' has a subscript '4', and the 'E', 'L', 'N', 'E', 'S', and 'S' blocks each have a subscript '1'.

Wellness for Families

THIS NEWSLETTER IS BROUGHT TO YOU BY YOUR
DISTRICT 2 3K/PRE-K WELLNESS TEAM

Self Care is for you too...



Families are filled with love, emotions and time consuming activities! Those of us who take care of families are constantly thinking of ways to make things go well; whether it's making sure our children to get to school on time or keeping up with daily housekeeping duties.



Take a moment to *Rest...*

You deserve to rest. Rest is not a luxury. Rest is a right. Acknowledge you are doing your best. Your best will always be enough. Just because you don't have the current capacity to do more or be more, does not mean you do not deserve to rest. If anything, rest is what you need most.



Self Care Tips



- Go on a self-care fall picnic where you relax, read a book, drink warm tea, share gratitude for one another, and choose to notice what is actually going well in your life.
- The small things count; notice something new and something good; this could be that you noticed a new tree and how beautiful the leaves were. Every small piece of wellness that enters your life is great enough to be acknowledged and appreciated!
- Practice yoga and meditation together, journal, and set intentions for your fall.
- Have a morning zoom tea party with an old friend where you reflect on old memories, share a moment of mindfulness, and celebrate each other's blessings.



Restoration...It's Time to Breathe...Renew...Restore...Refresh

Restoration is a word that we may use to describe a variety of things. Self care is a way we can restore ourselves as we learn what we need to thrive. Whenever we look at self-care and the ways that we can restore it into our lives, we may often start to look at it as that celebrity we wish we could meet or have. It exists, but for some reason, it seems unreachable and so *preciously* unattainable. With the right steps, our acts of self care can manifest and present themselves in our lives as we realize how much in charge we are of what comes our way. With self care being so rationally attainable, it's possible that we may have to realize that the recipe for self care for one, is not the same recipe for another. We have to acknowledge this and seek our own needs and rational wants; (rational; because sometimes what we may want, may not be what we need).

What does self care look like for you? When times feel hard, (and times may feel harder a lot more for some than others), noticing the small stuff goes a long way. Even if you notice a beautiful flower, hear a laugh, or greet someone with a small nod, take this as an invitation to connect. Take on the gentle reminder that you are worthy enough to care and connect and so why not self-care? Give it a try. Restore. Self care.

Slow breathing can reduce stress and anxiety, lower blood pressure, improve sleep, and reduce inflammation. Take 10-20 minutes to just stop and breathe.



Self care Strategies

Self-care is not selfish. Self care is preserving your peace!

Drink water: Hydration is so important! Set a daily goal to drink more water.

- Drink a glass of water before each meal.
- Fill a reusable water bottle and set a goal to finish it by the end of day. Gradually increase your daily water intake by refilling the bottle throughout the day. Using a reusable bottle with a straw can be helpful too. The straw allows you to sip the water slowly while staying hydrated.

Incorporate relaxing activities: Go for a walk, meditate, do gentle stretches, and/or breathing exercises.

- Choose one day per weekend to take a 10-minute walk outdoors.
- While doing your outdoor walk practice deep inhales and gentle slow exhales.
- Meditation can be done anywhere: It could be a dedicated meditation corner at home, a quiet room at work or school, even lying in your bed or any other special place.





The students in one of our 3K classes created their own coping strategies wheel. They chose 5 strategies that are used in the classroom and can be used at home. They can also draw the feelings that they use within the classroom behind the strategy and incorporate them at home as well. It shows consistency within the home school connection.



This game is a memory game, but not just any memory game. It's a feelings memory game. Each card shows a picture of different children expressing an emotion and they have to find the match. We like to encourage conversation and vocabulary with the children, so once they flip the card over they must say the expression they see. For example, cheerful William or thrilled Brett. With our assistance the children will learn and be able to say all the different types of words used to describe emotions. This game has been a hit in the classroom and can certainly be a hit in your home. Happy playing!

Upcoming events

- SEL Parent Workshop was a success thank you all for sharing.
- Miracle Morning workshop for parents will begin 12/19/2022 and 12/20/2022. schedules for each site:

12/19/2022 at 9 a.m. - 10 a.m. East 76th Street and 3rd. Avenue parents
Location: East 76th Street gym - 355 East 76th. Street, NY NY 10021; 212-549-4041

12/19/2022 at 1:30pm. - 2:30 p.m. East 57th Street parents
Location: 252 East 57th Street, Manhattan, NY 10022; 212-376-6546

12/20/2022 at 9 a.m. - 10:00 a.m. Reade and Tweed parents
Location: 52 Chambers Street conference room, Manhattan, NY 10007; 212-323-9529

12/20/2022 at 11 a.m. - 12:00 p.m. Battery and Peck parents
Location: 1 Peck Slip gym, Manhattan, NY 10038; 212-312-6280

12/20/2022 at 1:30 p.m. - 2:30 p.m. West 57th Street
Location: 620A West 57th Street, NY NY 10019; 212-520-7950

Sign up sheets will be available for families soon.

