



Starkweather School Counselor and School Social Worker Newsletter

Is the Jar Full?

The Rock, Pebbles, and Sand in a Jar Story

A philosophy professor once stood up before his class with a large empty mayonnaise jar. He filled the jar to the top with large rocks and asked his students if the jar was full.

The students said that yes, the jar was indeed full.

He then added small pebbles to the jar and gave the jar a bit of a shake so the pebbles could disperse themselves among the larger rocks. Then he asked again, "Is the jar full now?"

The students agreed that the jar was still full.

The professor then poured sand into the jar to fill up any remaining empty space. The students then agreed that the jar was completely full.

The professor went on to explain that the jar represents everything that is in one's life...

The rocks are equivalent to the most important projects and things you have going on. The pebbles represent the things in your life that matter, but that you could live without. Finally, the sand represents the remaining filler things in your life, and material possessions. <https://www.developgoodhabits.com/rock-pebbles-sand/>

Hello Starkweather Families,

The current situation we are in has not been easy, but it has given us (forced us?!) to focus on the "rocks" in our life. We can now spend quality time with family and maintain our health. Our "rocks" can make our jar full and life will still have meaning. Our "pebbles" are important because they include our job, house, hobbies, and friendships.

Some of these sorts of things may be hard for us right now! So, remember the "pebbles" are not critical for you to have a meaningful life. The "sand" in our life could easily take up important space in our jars due to the constant and worrisome news we watch on television and updates we hear through social media outlets.

Please check out the parent and student resource page for ways we can pay attention to the "rocks" in our lives. -- *Take Care and Stay Healthy! Mrs. Reese*



Parent and Student Resources

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Ways to Pay Attention to the "Rocks"

- ✚ Spend quality time with your family (try screen free 😊)
- ✚ Come up with [fun activities for your kids](#) that are memorable
- ✚ [Exercise](#)
- ✚ Keep in touch with relatives via Zoom or calling them over the phone

Elementary and Middle School Student Resources

- Here is a poster activity to help kids stay positive!
https://drive.google.com/file/d/11_pJr37D1PJZiybGzZwHppHaoFeLr8x/view?ke=eyJrbF9lbWFpbCI6ICJrcmlzdGkuc2VydW1nYXJkQGsxMi5uZC51cyIsICJrbF9jb21wYW55X2lkIjogIk1NU2FiZiJ9
- Some indoor and outdoor brain activities for kids!
<https://www.verywellfamily.com/brain-breaks-for-busy-kids-1257211>
- See the Back Yard Scavenger Hunt on page 3.

High School Student Resources

- A student planner app that may help you get organized:
<https://myhomeworkapp.com/> and here is a Youtube video on how to use this app: <https://www.youtube.com/watch?v=TI1qcjZlt78>
- See the Social Distancing Does Not Mean Social Isolation article on page 4.

Parent Resources

- This document has 7 tips to rewire your child's brain for positivity (please see first website listed under elementary resources tab)
- Basics of Behavior Management in 3 minutes!
https://www.youtube.com/watch?v=ZO_01gx4VWY&feature=youtu.be
- Coping during COVID-19 resources for parents and other great resources listed on this website: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Check out page 5 to learn about tips how to implement positive behavior supports for home.

BACKYARD SCAVENGER HUNT

primary playground

-  Find 3 kinds of leaves..
-  Find something yellow.
-  Name a bug that is red.
-  Find 2 sticks.
-  Find something that smells good.
-  Name something you see in the sky.
-  Find something that is round.
-  Find something that grows that is green.
-  Find a bird.
-  Find 3 different colored rocks.
-  Find something purple.
-  Find a bug.



Social Distancing Does Not Mean Social Isolation

Find new creative ways to stay socially active:

- **Netflix Party:** Watch Netflix with your friends and use the integrated chat box to talk about the best scenes.
- **Snapchat:** Film your crazy family, and watch the snaps of other people's crazy families. You are bound to find something to bond over.
- **Video calls:** FaceTime, Skype, Zoom, whatever it may be, the face to face interaction is invaluable. Even though you'll probably only get to see your grandpa's forehead as he screams "can you hear me?!" call your grandparents, or your aunt. They'll be more than happy to know you're okay. Not to mention, they're probably feeling a little lonely themselves.

Reach Out to Your Friends

Now is the time to reach out to that estranged friend, bond with your parents or siblings, text back that person you've been avoiding (you don't have an excuse to not answer their texts anymore).

The main point: find someone to talk to. Whether that person is someone in your home, a FaceTime buddy, or even just someone to text with — it is essential that you have someone to confide in about all of the worries that you have.

Ideally, this is a person that will be able to help you navigate the stressors and manage the symptoms you identified in the previous tip. If your church has stopped having service, call your pastor and offer to help set up an online church stream. If you need to seek professional help, or want to see your regular therapist, many are offering video and phone appointments to accommodate those struggling at home. www.medium.com/mindcafe

Remember these help lines:

Need some help from a trained counselor? text "Share" to 741741

Devils Lake crisis line is 662-5050

Family Guide to Creating Positive Behavior Expectations for Distance Learning

➤ Tips for Implementing Positive Behavior Supports at Home

Instead of Saying	Positive Refrainment of Words
Be quiet.	Can you please use a softer voice?
Stop crying or whining.	I can see this is hard for you. Please use your words.
Don't say that!	Please use an appropriate word.
Calm down.	I understand you are upset, can you explain it another way?
Look at me!	Let's talk about your feelings once we've taken a deep breath to calm down.
Stop hitting or kicking.	We keep our hands and feet to ourselves.

Positive Conversation for Parents & Children	
Keep a calm tone	Understand your child's perspective
Know your own triggers and when to step away from the moment	Validate their feelings – no matter how trivial
Listen with empathy	Help your child identify the emotions they are feeling
Bend down to your child's eye level to engage in conversation	Respond with understanding and empathy

When a Child Feels Validated	
They are more likely to hear and listen to you, which helps build the relationship between parent and child	This build's your child's self-esteem and self-awareness
They are more likely to change their behavior(s)	This can improve your child's overall emotional health
It helps to build your relationship with your child	

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https://docs.google.com/document/d/17UT_XjjM4uVFr5RI1FAFE6pRPN5N2hOrrraPxMxQQZ0U/copy