

TIPS FOR EMBRACING BALANCE & WELL-BEING

TRANSITIONS

Dear FCS Parents:

Life is full of change and transitions. While getting out of our comfort zone can certainly cause some angst, there are strategies we can all employ to make life's transitions a little smoother. I suggest the following as you work with your child as they prepare for their transitions.

Plan ahead with a commitment to managing their time. For students, as they transition from elementary to middle, middle to high or high school to college, they are typically given more freedom. With that freedom comes more responsibility and the necessity to manage time wisely. Put first things first.

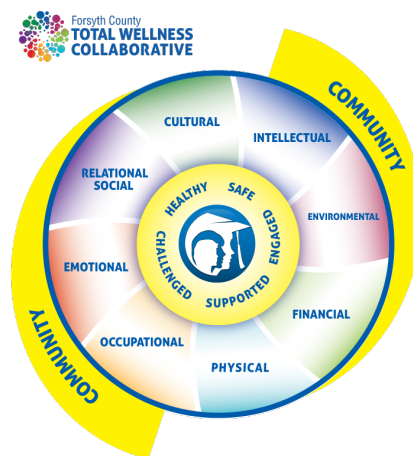
As our students transition, they should be encouraged to be open to meeting new people and having new experiences. As a former high school administrator, I found that students who engaged in school, whether it be through athletics, activities or clubs had a better overall school experience than students who did not get connected. Encourage them to find their niche.

As our children mature, they are faced with many more choices. Most know right from wrong, but all still need to be encouraged to make healthy choices. As our children gain more independence, it's not unusual for some of them to start to distance themselves from their parents. Remember, when your children want you the least, that is when they need you the most. Stay connected to your kids, regardless of their age.

Finally, one thing I hope we have all learned from this global pandemic, is the importance of giving and receiving grace. It's not just important to give grace to others, it is also important to give grace to ourselves.

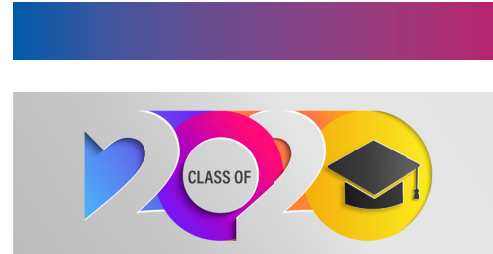
As our children begin to make their transitions, I wish them, and you, the very best.

Sincerely,
Dr. Jeff Bearden



Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.



2020 Transition Milestones:

Commencement may be postponed or canceled, but you can still hold your own informal online ceremony complete with speeches, diplomas — yes, you can [print your own diploma](#) if you don't yet have your official one — and plenty of pomp and circumstance.

- ▶ Invite friends or family members with the online graduation cards from [Paperless Post](#) or [Evite](#) (above), which now includes the option to add your own video chat link. (Evite also has a proprietary video chat currently in beta, but we haven't tried it yet.)
- ▶ Have guests sign in using a [video conference service like Zoom or Google Meet](#).
- ▶ Plan a short itinerary of events, like a commencement speech from your grad — have them make it fit their interests and achievements!

Outdoor Sensory Scavenger Hunt for Kids

thechaosandthecollector.com

This outdoor sensory scavenger hunt is a great way to not only get kids outside and moving, but to also teach them about all 8 sensory systems. The scavenger hunt includes samples for the visual, auditory, olfactory, gustatory, tactile, vestibular, proprioception, and interoception senses.

This is a great hands-on sensorimotor activity that encourages children to explore their senses and the world around them.

How to create a Sensory Scavenger Hunt:

Setting up this scavenger hunt couldn't be simpler! Print off the [Sensory Scavenger Hunt checklist](#) or create your own. Give each person a crayon or marker along with their sheet. Go outside and begin the scavenger hunt. [Click here](#) for more fun activities you can do with your kids.

Additional Resources

[Forsyth County Library Story Time](#)

[Forsyth County Library Curbside Check Out](#)

[Money Saver's Tips from Family Wize](#)

[Resilience Care Package- Mindful Minute](#)



My Outdoor Sensory Scavenger Hunt

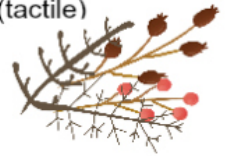
THE CHAOS AND THE CLUTTER



Smell a flower or leaf (olfactory)



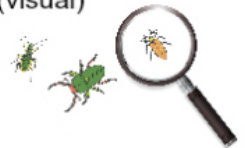
Collect sticks (tactile)



Roll down a hill or spin around (vestibular)



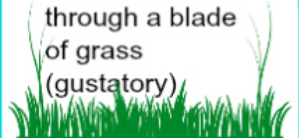
Observe bugs (visual)



Listen to a bird chirp or the sound of the wind (auditory)



Try to whistle through a blade of grass (gustatory)



Balance on a log (vestibular)



Find shapes in clouds (visual)



Walk like a bear (proprioception)



Find something hot and something cold (interoception)

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HEALTH TIPS:

Protecting our physical and mental well-being

Take a break from social media and avoid excessive exposure to news coverage.

Practice compassion by helping members of our community, offering reassurance and emotional support.

Preserve daily routines as much as possible.

Maintain a healthy diet, engage in regular exercise and get enough sleep.

Social distancing, not social isolation: Connect with others through virtual opportunities, including texting, calling and video chats.

Happy National NURSES DAY

#NationalNursesDay

We are Thankful for all that you do!