



THE RESOURCE TRIBUNE | TAMMY HODGES, LCSW – MARCH 2020

Volume I

ROSWELL NORTH | CRABAPPLE | NORTHWESTERN

FOOD DISTRIBUTION/SCHOOL WORK PACKET

On Wednesday and Friday, families are able to pick up meals for their children that attend Fulton County Schools. The food will be distributed between the hours of 11am and 1pm at 21 school-based sites throughout the county. The schools sites that are closest to the schools I serve are Vickery Mill Elementary School, Mimosa Elementary School and Haynes Bridges Middle School. If one of these sites is not closest to you, please visit the main Fulton County School website www.fultonschools.org to find additional sites, as well as, additional resources that may helpful for you. Also, you can pick up paper schoolwork packets at these sites during the same time.

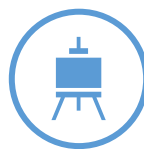


United Way in collaboration with Lyft is offering FREE rides for families. If families contact the 211 division, they can receive a **one- time round trip via Lyft** to a doctor's office, food pantry, etc.,

Families should:

- Dial 2-1-1 via Phone or mobile device 24/7/365. Dial 2-1-1
- Text your their code & need to 898-211.
- Download the free 2-1-1 app from your device's app store (search for 211)
- Search United Way 211 database online for additional resources: <http://211online.unitedwayatlanta.org/>

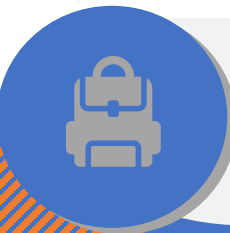
1 time FREE round trip LYFT!



America is currently experiencing one of the most trying times that most parents have ever seen during their lifetime. This can create a level of stress and anxiety that many have never experienced before. Let's remember that if we are not in good physical or mental health, it makes it more difficult to be the dynamic parents we want to be for our children. Therefore, should you feel that your are not physically or mentally well, please do not hesitate to seek assistance from a medical or mental health professional. Should you need resources or referrals you can either contact me @ 678-815-8845 or DIAL 2-1-1 from any phone.

“Let's do our best to make unforgettable memories during this time.” Tammy Hodges, LCSW

FULTON COUNTY SCHOOLS STRONG



Things to do while we are sheltering in place

- Bake something from scratch
- Have a Karaoke party online
- Make playlists for different moods or parties
- Make music videos
- Watch music videos from 1985—recreate hair, clothes, jewelry, etc.
- Scavenger hunt inside
- Scavenger hunt outside
- Make an obstacle course (inside or outside). See if you can improve your time each day
- Build a fort (inside or outside)
- Go through your contact list and randomly check in with someone—be nice!
- Make a photobook
- Go through your online photos and delete the ones you don't want
- Virtual Uno or other card games
- Play a new card game with someone who is also stuck at home
- Make cards for people working in hospitals and nursing homes
- Put notes of encouragement on your neighbor's door
- Read a book for fun instead of requirement - [Fulton County Library](#)
- Start writing your own novel
- Learn how to knit or sew
- Learn how to play an instrument - [Free lessons through Fender](#)
- Practice playing your instrument for fun instead of requirement
- Rearrange your room
- Redecorate your room
- Paint something
- Repaint a picture frame or piece of furniture
- Learn origami - [Beginners Guide](#)
- Repurpose old t-shirts (See Pinterest or Google)
- Build something out of wood (birdhouse, shelving, etc.)
- Make bracelets or jewelry for friends or to sell
- Put together a puzzle
- Make your Halloween costume
- Plan your next party and activities
- Organize a drawer or a closet
- Start a gratitude journal and enter 3 things each day
- Go on a bike ride
- Go on a walk
- Walk your neighbor's dog
- Wash cars
- Wash pets
- Play Frisbee Golf
- Start an indoor herb garden
- Create an outdoor garden

- Study for something like a certification or driver's test or the SAT
- Start an exercise routine. get a partner to do it with you virtually. [Down Dog App](#) is offering free usage for K-12 students.
- Practice your athletics with your non-dominant side (left-handed if you are right handed, etc.)
- Make personal goals
- Start a journal
- Plan a dream vacation. Research your location, what you'd see, restaurants and activities.
- Learn calligraphy or other ways to personalize your writing
- Memorize a set of jokes you can use in different situations
- Learn some yoga poses or breathing techniques [Cosmic Kids Yoga](#) [Yoga for Teens](#)
- DO SOMETHING AND STOP COMPLAINING!

Links for activities at home:

[Boredom Busters: 110 Fun At-Home Activities for Families & Kids](#)

[Home Activities to Help Bored Kids](#)

[Parent's Guide to Building a Resilient Family](#)

[61 Fun Activities for Bored Teens](#)

[Classroom Magazines from Scholastic](#)

[50 Fun Activities for Kids](#)

Virtual Field Trips:

[National Parks](#) (virtual visit)

[Center for Puppetry Arts](#)

[Wonderopolis](#)

[25 Amazing Virtual Field Trips for Kids](#)

[20 Virtual Field Trips to Take with Kids](#)

[Making a schedule for each day: \(KhanAcademy.com link\)](#)

Sample school Schedule

Before 9:15	Wake Up	Eating breakfast, planning time with family, preparing student work station TeleSchool Schedule: ELA on Monday, Math on Tuesday, Reading/World Language (40 min) and 2 Connections (40 min each) on Wednesday, Science on Thursday, Social Studies on Friday (teachers available on e-mail Mon-Fri)
9:30-11:30	Academic Work Time	Eating lunch, chatting with family & friends. Multi-day meal service for children 18 and under free at Lake Forest Elementary M, W, and F 11:00-1:00.
11:30-12:30	Lunch Time	Wiping down the kitchen, wiping down the bathrooms, cleaning up common rooms, organizing bedroom / area
12:30-1:30	Chores & House Help	Play outside, walk the dog, take a bike ride, take a nap, read for pleasure
1:30-2:30	Brain Break	Complete remaining academic work, do 15-20 minutes of iReady reading or math
2:30-4:00	Academic Work Time	Doing puzzles, drawing, crafting, playing music, cooking or baking, watching TV, playing video games
4:00-5:00	Free & Creative Time	Family planning time, reviewing the day's academic work and turning in to Google Classroom, checking-in with teachers as needed
5:00-5:30	De-Brief Time	

Apps for helping you keep your cool:

Mindshift

Smiling Mind

Stop, Breathe, and Think/Breathe Kids

Headspace for Kids

Calm

Insight Timer

If your child is struggling with big or frightening thoughts, have them talk with you or a trained professional at 1-800-715-4225.

“Be the change that you wish to see in the world!” Mahatma Ghandi



Website:
www.fultonschools.org



Contact:
678-815-8845



Email:
hodgest@fultonschools.org