**Well-Being**

During this coronavirus (COVID-19) pandemic, the well-being of our children is first and foremost. While the physical impacts of this virus have been the center of discussions, there are many other impacts on the well-being of our children. Many of our children may have feelings of concern, fear and uncertainty due to the change in daily routine and heightened media exposure. ADSB is sharing resources for parents to support children’s emotional, physical and mental well-being.

**Parents are encouraged to have open conversations with children about COVID-19 and acknowledge their feelings and reactions during this time. Kids Help Phone, Canada’s only 24/7 national support service offers professional counselling, information and referrals. Please visit their website:** [http://www.kidshelpphone.ca](http://www.kidshelpphone.ca), call:1-800-668-6688, or text CONNECT to 686868.

**School Mental Health Ontario** ([https://smho-smso.ca](https://smho-smso.ca))

Strategies and answers for helping to support and promote positive mental health for students.

**Children’s Mental Health Ontario** ([cmho.org](http://cmho.org))

Strategies for talking to your anxious child about COVID-19.


Videos for school-age children to help them understand great practices to stay healthy and safe.

**PBS Kids** ([www.pbs.org/parents/thrive](http://www.pbs.org/parents/thrive))

A range of strategies and activities to help parents support their children.

**Every Day Mental Health** ([https://smh-assist.ca/emhc/](https://smh-assist.ca/emhc/))

Originaly designed for classroom use, this resource contains a number of useful strategies to support student well-being for students in K-8 that can be adapted and utilized at home in areas such as:

- Stress Management and Coping
- Healthy Relationship Skills
- Self-Awareness and Sense of Identity

**Daily Physical Activity (DPA) at Home**

Keep Moving, Stay Active! Set a goal of 20-60 minutes of Daily Physical Activity each day by turning off the screens and getting active. Physical Activity can relieve stress and anxiety, promote physical health, improve quality of sleep, maintain energy levels, and enhance relationships.

**Social Media**

Follow OPHEA on Twitter (@opheacanada) or Facebook for daily suggestions and videos to support physical activity at home.

**Engagement**

**ENGAGING YOUR CHILDREN**

- Student voice – What would you like to learn more about today?
- Let your child’s interests and passions guide the learning
- Ask children to think about their strengths and needs and develop a plan to empower and advocate for themselves

**ENGAGING EACH OTHER**

- Recognize the challenges of these times and your family situation, spend time together when you can
- Find a routine that works for your family
- Physical distancing is not social distancing – it is important to stay connected and this can take a variety of forms – letters, phone calls, virtual

**ENGAGING COMMUNITY RESOURCES & SUPPORTS**

- Keep updated with reliable and credible information:
  - Algoma Public Health
  - Algoma District School Board
  - Ministry of Education
  - Government of Canada

*“All forms of parental involvement are beneficial. In every form, parental involvement in education shows children that their parents care about what they are doing and learning, and that they value a good education.”*  

Parents and guardians are children’s first teachers and know them best. Children require different supports, structures and assurances during uncertain times such as these, and as outlined above, your child’s well-being is first and foremost. We have gathered some off-screen and on-screen activities to support student achievement and learning at home during this unprecedented interruption to schooling. For the week of March 30 – April 3, ADSB will be sharing more grade specific activities to support student learning at home and will continue working with the Ministry of Education to support student learning in the weeks to come.

### Achievement

**LANGUAGE**

**READ, TALK, DRAW and WRITE every day!**
- Read to and with your child every day.
- Engage in conversation with your child.
- Spend time writing and drawing together.

**MATH**

**COUNT, CALCULATE, CONTEMPLATE!**
- Numbers are everywhere.
- There are many ways that we use math in our daily lives.
- Engage your child in thinking and talking about math.

<table>
<thead>
<tr>
<th>Off-Screen Suggestions</th>
<th>On-Screen Suggestions</th>
<th>Off-Screen Suggestions</th>
<th>On-Screen Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read everything and anything (fiction, non-fiction, maps, flyers, cards, instructions, recipes, etc.)</td>
<td>Welcome to Kindergarten App Play with alphabet/numbers, paint with fingers, discover shapes, learn to share, sing along</td>
<td>Play with numbers – how many ways to make 10? make 100?</td>
<td>Prodigy Learn and practice math through engaging, curriculum-aligned app for 1-8 grades</td>
</tr>
<tr>
<td>Talk about what you’ve read</td>
<td>Starfall Reading, phonics &amp; math, educational games, movies, books, songs for K-3</td>
<td>Work with money amounts - dollars and coins</td>
<td>Mathies Games Games and learning tools to support math learning from K-12</td>
</tr>
<tr>
<td>Make a card, write a letter or an email to a friend or family member</td>
<td>Scholastic Education Canada K-12 literacy, math, science, social justice, free digital subscriptions until June 30</td>
<td>Shop with a budget using flyers/online prices</td>
<td>Math Playground Free, online math games - problem solving, logic games and number puzzles for grade 1-6</td>
</tr>
<tr>
<td>Keep a daily journal (i.e. what you did today, how you are feeling)</td>
<td>Epic Access to 35,000 books, videos, quizzes for 12 years &amp; under, free 30 day subscription</td>
<td>Build with blocks/Legos</td>
<td>Table Talk Math Free resources to promote mathematical thinking, generate math-based conversations</td>
</tr>
<tr>
<td>Sing songs, recite rhymes, memorize a poem</td>
<td>Boukili Free French reading app/website, ages 4 and up, over 50 illustrated books &amp; 120 games</td>
<td>Compare measurements around the house</td>
<td>Visual Patterns</td>
</tr>
<tr>
<td>Play games:</td>
<td><strong>Note:</strong> To access these online resources, click the blue underlined title or the icon.</td>
<td>Cook/bake and measure</td>
<td>Solve Me Puzzles</td>
</tr>
<tr>
<td>- Rhyming words</td>
<td><strong>Note:</strong> To access these online resources, click the blue underlined title or the icon.</td>
<td>Create or find patterns – pictures/numbers, dance steps, clapping, wallpaper, tiles</td>
<td>Which One Doesn’t Belong</td>
</tr>
<tr>
<td>- Bananagrams</td>
<td><strong>Note:</strong> To access these online resources, click the blue underlined title or the icon.</td>
<td>Conduct surveys: family activities, favourite things and chart any data collected</td>
<td>MathFROG Fun Resources and Online Games for Grades 4, 5 and 6 (French &amp; English)</td>
</tr>
<tr>
<td>- Scrabble</td>
<td><strong>Note:</strong> To access these online resources, click the blue underlined title or the icon.</td>
<td>Puzzles – logic and jigsaw</td>
<td><strong>Note:</strong> To access these online resources, click the blue underlined title or the icon.</td>
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<td>- I Spy</td>
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<td>Play games:</td>
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<td></td>
<td></td>
<td>- Cards – samples promoting numeracy skills</td>
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<td></td>
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<td>- Board games</td>
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<tr>
<td>Look at family photos and talk about when they were taken</td>
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<td>- Scavenger hunt - numbers, patterns or shapes</td>
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<tr>
<td>Ask questions that require more than a “yes” or “no” answer. Think about who, what, where, when, why</td>
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<td>- I Spy - numbers, patterns or shapes</td>
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The Ministry of Education has also developed an online portal, which is available at [Ontario.ca/learn-at-home](https://www.ontario.ca/learn-at-home) and enables students at every grade level to continue learning while away from school. These resources are developed by Ontario educators, and resources for all grades are informed by leading instructional guidance. ADSB recommends to parents who are looking for more specific supports, to start with the PARENTS, GUARDIANS AND CAREGIVERS SECTION at the bottom of this web site page.