COVID-19 Shut Down – *Special Edition 6*
Creating, Visioning, Coping, Milestones Autism Conference, Resources, and more….

We were stopped in our tracks, stay home, and social distance! We made the shift; it’s real, stay safe! Now it’s time to move forward, while we stay safe and reclaim our lives with a “new normal”. What will that look like for you and your family? Imagine, create, and cultivate. It is time. Here are some things to consider:

**Family** – How have you spent your time? Have you grown closer? Did you learn something new about each other? What will you keep? Family game nights, dinner together, no cell phone night?

**Relationships** – How have you kept in touch with other family members? Did you text weekly? Did you face time? Did you miss anyone? Did you check in periodically? What will you keep?

**Financially** – Have you been able to provide for your household? Are there things you had to give up that you may not want to go back to? Have you found new ways to create income?

**Education** – Have you been able to keep in contact with your child’s teacher? Have you created a homework space? Have you created a schedule for doing school work? Will you stay in contact with the school? Will you create a healthy partnership with your child’s teacher going forward?

Imagine, create, and cultivate. It is time. Click on the links below for ideas:

- [https://www.clevelandmetroschools.org/Page/15633](https://www.clevelandmetroschools.org/Page/15633)
- [https://www.clevelandmetroschools.org/Page/16350](https://www.clevelandmetroschools.org/Page/16350)
- [https://www.clevelandmetroschools.org/Page/15612](https://www.clevelandmetroschools.org/Page/15612)
- [https://www.clevelandmetroschools.org/domain/16](https://www.clevelandmetroschools.org/domain/16)
- [http://www.211.org/services/covid19](http://www.211.org/services/covid19)

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Don’t forget the Census! Click for more information: [https://www.clevelandmetroschools.org/2020census](https://www.clevelandmetroschools.org/2020census)
Creating a Powerful Vision Board
To have a vision within is necessary. Vision boarding is an excellent way to get clear on your goals and motivated to bring them to life. Not to mention, it’s a fun and relaxing activity for a rainy day. All you’ll need to create a board that helps you attract positivity and abundance is a few supplies and an ounce of craftiness.

Click the link to find out more:
https://www.mindbodygreen.com/articles/how-to-make-a-vision-board

Coping With Change
You’ve probably noticed that life is hard right now. It’s difficult enough for us adults who understand what is happening, and can be even more challenging for our little ones who don’t fully understand why they can’t go to the park or see their friends. Scholastic and their partners have come together with a great tool for you to use at home, First Aid For Feelings. It includes tools to help process emotions, ideas of fun activities to do, and ways to cope with things get frustrating. Check it out at the link above, and remember to take care of yourself; it might be a kids’ workbook, but adults can benefit from it too.

Connecting For Kids FaceBook Group For Families With Special Needs Children (https://www.facebook.com/groups/CFKFliers/about/) or CFK Familias Hispanas (for Spanish speaking families - https://www.facebook.com/groups/familias espanas/). These groups are a great place to locally find resources for your child and your family.

The Best Online Resources for Caregivers and Their Children
As we head into week 9 of the “Stay Safe Ohio” order it maybe hard to find creative ways to keep your child(ren) active. If so check out this 25 ways to get moving at home Infographic:

Bringing the Outside In
Can’t go outside today? Set up a world-watching window. Bring the outside in. Many of us don’t have the option of hiking or spending time in the backyard. “Find a window view or other view designed to induce feelings of deep relaxation, awe, and vitality—it will take you away from your inward-facing world,” suggests Dr. De Pluma. Try these activities:
1. **Stargazing** - stargaze in the evening or very early morning. With your kids, locate a few key constellations and orient to those.
2. **Bird Watch** – Kids are natural explorers. Click here to learn more about bird watching: https://www.audubon.org/news/easy-ways-get-kids-birding
3. **Indoor Gardening** - make an indoor garden in your apartment or house.

Milestones National Autism Conference
Join parents, professionals and individuals with autism online for the first virtual Milestones National Autism Conference, June 11-16, for world-class speakers and support, all from the comfort of your computer, phone or tablet.
VIRTUAL SOCIAL EMOTIONAL WELLNESS RESOURCES FOR PARENTS/CAREGIVERS

We have shown resilience and strength in the midst of adversity. Please check out Session 4 of Dr. Purnell’s wellness sessions. This week the focus is on moving forward. Family values and stepping into the “new normal”.

To access the pre-recorded session click on the link below:

https://www.youtube.com/watch?v=0gruoXpRuc&feature=youtu.be

Preparing for post-secondary education
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The Bachelor Degree (aka an Undergraduate degree) is the most popular degree there is.

There are only three (3) types of Bachelor degrees – BA=Bachelor of Arts, BFA=Bachelor of Fine Arts and BS=Bachelor of Science. But there are more than 200 majors. However, all colleges do not offer all majors.

The Bachelor’s degree is known as a four-year degree although only approximately 34% of college students complete their Bachelor degree in four years. Parents and students should be aware that it takes most students in the United States 5-5 ½ years to complete this 4-year degree.

A Bachelor’s degree consist of 1 to 1 ½ years of General Degree Requirements which includes electives. These courses are designed to give students a well-rounded education. At the end of a students’ freshman year he/she will select (declare) a Major.

Once a student has declared a major he/she will spend the next 3-3 ½ years taking classes specific to that major. However, within each major there are Concentrations. A concentration allows a student to learn detailed information about their chosen field while the Major allows for information about the field in general. Some careers that require a four-year degree are: Teachers, Social Workers, Accountants, Engineers, Criminal Justice, etc.

Check out www.A2Zcolleges.com to see a list of College Majors

Txt 216-278-8705 with ideas and topics you would like included in this weekly newsletter.