

# We're in This Together.



As we face the enormous challenges in front of us, many of you are concerned about what lies ahead. Your concerns are important to us, and we will be here with you through it all. Please, do not hesitate to contact the DREAM staff if you find yourself in need. We will do what we can to help, and we will connect you with community organizations who can help as well.

**We Are Stronger Together!**

## Homebased Learning Resources

You are your child's first teacher, and right now, you may be the only teacher they have! Create a scheduled learning environment for your kids. Your little learners may resist at first, but they will thrive with order, and so will you. For older kids (five and up), co-create the schedule. Use the technology they love so much to help create fun learning activities! Here is a list of online sites that provide FREE learning tools and games:

- Epic (Digital Library)  
<https://www.getepic.com/>
- Spelling City (Vocabulary):  
<https://www.spellingcity.com/>
- Frontiers for Young Minds (Science):  
<https://kids.frontiersin.org/>
- Cool Math for Kids  
<https://www.coolmath4kids.com/> [math-games](#)





## Mindfulness


Mindfulness helps relax the mind and busy body of children and adults. When you're mindful, you're taking your time to focus on things you may not have focused on before.


Mindful activities help us pay attention better, be more patient, learn more with less distractions, listen better, feel happier and enjoy things more, and slow down instead of rushing! Try these mindful exercises with your children!


## *Fun* **5 MINDFULNESS ACTIVITIES** *for children* by Big Life Journal

- 1 "JUST ONE BREATH" BREATHING ACTIVITY**
- Find a relaxing place, sit comfortably, and set a timer for one minute.
  - Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
  - Take another slow deep breath, imagine the air moving down into the lungs and back up.
  - Take one more deep breath and hold for a moment, then release it.
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- 2 CREATE A GLITTER JAR**
- Finding a jar or plastic bottle and allow your child to decorate it however they like.
  - Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
  - Seal the lid and you are ready to go.
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- 3 HEARTBEAT EXERCISE**
- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
  - At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
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- 4 GOING ON A SAFARI**
- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
  - Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
  - Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.
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- 5 TENSE AND RELEASE MUSCLE RELAXATION**
- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
  - Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
  - Continue moving up the body for more relaxation.
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## Parent Corner



It is very important to remember that children look to adults for guidance on how to react to stressful events.

Acknowledging some level of concern, without panicking, is appropriate and can result in taking the necessary actions that reduce the risk of illness. You can help build resiliency in your children.

The following tips can help.

**Be a role model.** Children will react to and follow your reactions. They learn from your example.

**Be aware of how you talk about COVID-19.** Your discussion about COVID-19 can increase or decrease your child's fear.

**Focus on the positive.** Celebrate having more time to spend as a family. Make it as fun as possible.

**Identify projects that might help others.** This could include: writing letters to the neighbors or others who might be stuck at home alone or to healthcare workers; sending positive messages over social media; or reading a favorite children's book on a social media platform for younger children to hear.

**Offer lots of love and affection.**

Retrieved from: <https://www.nasponline.org>

CHAMPAIGN COUNTY

## COVID-19 RELIEF FUND

FOR DIRECT SERVICE ORGANIZATIONS

(WCIA) Champaign County COVID-19 Relief Fund is now providing housing assistance. The money will help those who have lost wages or employment due to the global pandemic.

A one-time payment is available to county residents who meet the eligibility requirements:

- Lives in Champaign County
- No renters who have subsidized housing voucher
- Renters with *earned income* prior to Stay at Home order
- Renters who do not qualify for unemployment insurance
- Income up to 250% federal poverty level

Contact one of these offices for more information:

Cunningham Township

205 W. Green St.

Urbana, IL 61801

(217) 384-4144



Driven to Reach Excellence and  
Academic Achievement for Males

**403 S. Wright Street**

**Champaign, IL 61820**

For More Information, Call/Text:

**Mr. Tracy 217-560-2194**

**Email: [info@draam.org](mailto:info@draam.org)**

**Website: [www.draam.org](http://www.draam.org)**