My Comfort Box

Families and staff are so excited to be returning to in-person learning, and I suggest helping your child assemble a small ***comfort box*** that your child can have on their desk when they return to Lowrie to help them with the transition: I emphasize small, as space is limited on school desks. Talk through and practice how your child should use each tool in their box, so they can focus on their learning and not get distracted. Begin by choosing a small box and invite your child to decorate, then fill with carefully selected items. Suggested items are:

* A refillable water bottle.
* A spare mask in case the one they’re wearing gets dirty or damaged. Bring home compromised masks.
* A picture of your family to bring comfort.
* A **small** squishy or stuffed animal to hold if they feel anxious. Here are ideas for homemade squishies:
  + Put rice or flour in a small balloon and tie.
  + Cut a heart from cardboard and wrap with yarn.
* A **small** notebook and pencil to express strong emotions in drawings or words.
* A copy of ***The Big Emotions Journal*** to use if they feel anxiety.