



Jarrow Montessori School

NURTURING THE HUMAN SPIRIT

TODDLER THROUGH 6TH GRADE IN BOULDER, CO FOUNDED 1964

Resource for from Dr. Sara Knickerbocker



Dear Parents of the Jarrow Community,

I am writing to share some resources for managing the emotional elements of this global crisis.

First and foremost, it is important to remember that this is an unprecedented event which calls us to revel in uncertainty. It may sound counterintuitive or initially lead to a greater anxiety response, but *nobody knows what to do*. I invite you to consider that this fact is actually an extraordinary relief. There is no “right” way, or perfect path. The way forward is to use the information we are getting in combination with our own inner wisdom and expertise about our

own children to craft a new daily life. What works for your neighbor or classmate may not work for you. This facing in to uncertainty can be daunting, so remember it is *in the ambiguity* that possibility resides. Here is a simple list for your family to manage time, anxiety and learning.

MOVE. EAT. READ. FEEL. CONNECT.

- **Move your bodies.** Fresh air is wonderful but there are also lots of tech-assisted options such as Go Noodle. A good old fashioned dance party or hokey pokey will do the trick.

<https://www.gonoodle.com>

- **Eat good food.** Involve your children in preparing it when possible. Practical life (chores) are part of Montessori curriculum. Now is a great time to increase your child’s responsibilities at home.

<https://parenting.blogs.nytimes.com/2014/01/27/age-appropriate-chores-for-children-and-why-theyre-not-doing-them/>

- **Read together.** Read aloud. Read silently. Model reading. If you need a break, model how to use an audio story using these amazing folktales from around the world. Bonus: Coloring pages to go with each podcast.

<https://www.npr.org/podcasts/532788972/circle-round>

- **Feel your feelings.** Expect emotions to ebb and flow. Your own, and those of

the children! Can you name and express your own emotions? It is HARD for many adults. Consider making a feelings faces chart for your family to use. This can be a great photo project with your smart phone and printer or an art project. Your children will be great at telling you what your angry face looks like!

<https://copingskillsforkids.com/blog/make-your-own-feeling-faces-chart>

- **Connect!!** Teach your child letter writing (or picture mailing for the pre-literate children!), FaceTime or Skype with classmates and relatives, teach your child how to dial a landline phone and make a phone call.

MOVE. EAT. READ. FEEL. CONNECT.

If you feel you have a social-emotional situation you cannot manage, please email me and we can arrange a 30-minute consultation via Zoom.

Here are some additional resources.

Managing Anxiety During Coronavirus – For Adults

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

<https://www.psychologytoday.com/us/blog/parenting-new-generation/202003/reassuring-children-during-the-covid-19-pandemic>

<https://www.trilliummontessori.org/consistency-and-routine/>

Talking to Children about Coronavirus

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-\(coronavirus\)-stigma-and-racism-tips-for-parents-and-caregivers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Sending my support and healthy wishes to you and your family,

Dr. Sara Knickerbocker
School Psychologist

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Connect with us



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If you haven't already, don't forget to add Jarrow Montessori to your Instagram account! Here you will find us in action with up-to-the-minute news and gratifying points of light: Jarrow students at Jarrow. What could be better?!



AMERICAN MONTESSORI SOCIETY
education that transforms lives