



Staying Connected with Counselor Hodges

**Brewster
Elementary
5/4- 5/8, 2020**

**Office Hours
Monday- Friday
10:00 am-12 noon M-F
Call or text Mrs. Hodges
901-492-1431**



Self-management involves managing impulses, emotions, and stress. Discipline, motivation, resilience, and perseverance are also part of self-management. Help kids continue to build self-management skills at home with the following activity.

Self-motivation, perseverance, and resilience – Work with the kids to learn that they can overcome challenges with persistence and hard work. Remind families to resist immediate assistance with rushing to help so their child can learn on their own. Ask them to use empowering language such as “you’re hanging in there, I’m proud of you,” and “You’ll get through this and be so happy with your progress.”

How to make Kool-Aid Tie Dyed T-shirts

You will need:

Small Plastic or Glass Bowls

Kool Aid Packets {assortment of flavors for different colors on the shirts}

White Vinegar

Plastic Gloves {unless you want to look like an Oompa-Loompa for the next several days}

Rubber bands

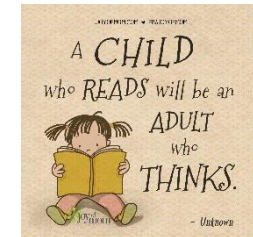
T-Shirts

Iron



- 1. In the plastic or glass bowls, mix two packets of Kool Aid with 1 cup of vinegar. Stir until Kool Aid is dissolved completely. {You will need a separate bowl for each flavor/color}**
- 2. Twist the t-shirt and secure with the rubber bands. Do it several times, all over the t-shirt.**
- 3. With gloves on, dip twisted ends of the t-shirt into the bowls of the Kool Aid mixture.**
- 4. Let shirts air dry a little {we let ours air dry for 2 hours for two hours}**
- 5. Set the color by ironing the shirt on medium high. Make sure to use an old towel or ironing cloth between your iron and t-shirt to make sure you don't stain your iron.**
- 6. Let the shirts sit a full 24 hours before washing**

Websites With Free Online Books For Kids



- Oxford Owl.
- Storyline **Online**.
- International **Children's** Digital Library.
- Open Library.
- Amazon's **Free Kids** Ebooks.
- Barnes & Noble **Free Nook Books for Kids**.
- Mrs. P's Magic Library.

