



Greetings Littleton families,

We hope that you all have remained healthy and safe during the ending of the 2020-2021 school year. Looking ahead to the summer months we understand there may be a lot of continued unknowns and scary moments ahead. Our Social Work team wants you to know that we see you, we are with you and we empathize with the stressors that you are experiencing.

We appreciate our parents and caregivers who have taken on these different roles this school year. It speaks volumes about the resilience, perseverance and grit that we all share in ensuring our children have some sense of normalcy and structure. We want to remind you to please keep your own self care, mental health and mindset in the forefront as you continue to navigate all these potential unknowns. Our team has put together a list of continued resources, activities, articles, books and fun applications that pertain to SEL topics that we hope can be utilized within your home this summer.

Some thoughts transitioning into summer that may help alleviate some stress within your home:

- Collaborate on ground rules: Have your children draft an agreement to help them work together and minimize arguments. This is a very civic activity that allows them to hold each other accountable during moments of discord.
- Connect on social media: Reach out to your families and loved ones or join parenting groups on Facebook so you do not feel alone.
- Leave space for grace: You are human and you are not alone, remember we are all just starting to figure out what is happening. Be kind to yourself and your kids, we are all in this together ♥

Take care,

Your Littleton Elementary Social Work Team

Littleton Elementary School District #65 • PO Box 280 • Cashion, Arizona 85329 • (623) 478-5600 Reception • (623) 478-5625 Facsimile
Underdown Learning Center and Administrative Offices • 1600 South 107th Avenue, Avondale, Arizona 85323

www.littletonaz.org

Collier Elementary (623) 478-5900
www.coes.littletonaz.org

Estrella Vista STEM Academy (623) 478-6200
www.eves.littletonaz.org

Littleton Elementary STEM Academy (623) 478-5700
www.lnes.littletonaz.org

Tres Rios Service Academy (623) 478-6300
www.tres.littletonaz.org

Country Place Leadership Academy (623) 478-6100
www.cpes.littletonaz.org

Fine Arts Academy (623) 478-6400
www.faes.littletonaz.org

Quentin STEM Academy (623) 478-6000
www.ques.littletonaz.org



Summer 2021			
PreK-2nd	3rd-5th	6th-8th	Additional
<p>Videos: StoryBots Super Songs: Emotions</p> <p>My Wallaby Won't Use His Words!</p> <p>Handouts: How Am I feeling?</p> <p>Freeze Feelings</p> <p>Physical Activity: Animal Yoga</p> <p>7 min HITT workout</p> <p>Dinosaur Workout</p> <p>Mindfulness/ Breathing Techniques</p> <p>Relaxation: Child Relaxation Script</p> <p>Families: SEL Starts at Home</p>	<p>Videos: Why do we lose control over our emotions</p> <p>Understanding Your Feelings</p> <p>Handouts: Emotion Regulation</p> <p>Self Awareness</p> <p>Physical Activity: Animal Yoga</p> <p>7 min HITT workout</p> <p>Dinosaur Workout</p> <p>Mindfulness/ Breathing Techniques</p> <p>Relaxation: Relaxation Script Silly Stories</p> <p>Families: SEL Starts at Home</p>	<p>Videos: Alfred & Shadow</p> <p>Understanding Your Feelings</p> <p>Handouts: Emotional Regulation</p> <p>Self Awareness</p> <p>Physical Activity: Emotion Charades</p> <p>Mindfulness/ Breathing Techniques</p> <p>Relaxation: Relaxation Script Silly Stories</p> <p>Families: SEL Starts at Home</p>	<p>12 Inspiring Quotes About Mental Health /Detener el estigma: 12 citas inspiradoras sobre la salud mental</p> <p>Building Resilience in Kids /Cómo desarrollar resiliencia en los niños</p> <p>Help Your Child want to Behave</p> <p>Disciplina Positiva en Crianza Cotidiana</p> <p>Communicating with Your Child</p> <p>La Comunicación Entre Padres e Hijos</p> <p>Protective Factors Conversations Guides Inglés y Español</p> <p>Cómo cuidar la salud mental de los niños</p> <p>Marco del SEL de CASEL</p>
<p>Crisis Resources/Community Support</p> <ul style="list-style-type: none"> • City of Avondale • Suicide Prevention Lifeline • Teen Lifeline call or text 602 248 8336 • Maricopa County Crisis 602 222 9444 • Crisis Text Line Text HOME to 741741 • Trevor Project • Talking to Kids About Mental Illness/ Well-being Apps Guide for Kids • Cómo ayudar a los niños a cuidar su salud mental/ Guía de aplicaciones de bienestar para niños • Childhood 2.0: A Handbook for Raising Kids in the Digital Age • Guía de Crianza Digital en la Tecnología: Criando Niños Ciber Inteligentes • Make Space, Listen, Offer Hope: How to Help a Child at Risk of Suicide 			