



Dear Families/Staff

We hope that you continue to be healthy, safe and well. As we continue to experience distance, from one another, our routines, our communities, we hope that, more than anything, you are continuing to experience your worth. You are so loved and missed.

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”-Fred Rogers

Yours in hope,

The FCfC Team



New Videos Up on The [FCfC YouTube Channel Here!](#)

[Attention - Attend to Emotions: Your Own and Your Children's](#)



[Read-Along Mondays with Michelle Obama](#)

[Wide Open School - Resources for PreK Families and Educators](#)

WIDEPENSCHOOL

[More Fun Resources from Sesame Workshop](#)



[Agonizing Over Screen Time? Follow the Three C's](#)

Professional

The New York Times

Development

[Fun and Brief: Reggio Inspired Math](#)

Helpful Materials Regarding Livestreaming and Virtual Teaching:

For a detailed overview of how to get your technology up and running, see our [Virtual Teaching 101 for Early Childhood Educators](#) post.

If you need some inspiration for activities to send parents, check out our [Preschool & Daycare Activities](#) page!

[For Review: CT ELDS/DOTS Reference Page](#)



Available Webinars through RULER:

Systemic Virtual RULER Implementation

Webinar: 4/30 @ 3pm EDT - RULER in a Virtual World

Staff Development

Webinar: 4/27 at 2pm EDT - Supporting Colleagues through RULER amidst the COVID Outbreak

Resource: Supporting Colleagues through RULER amidst the COVID Outbreak

Are All Emotions Helpful? Awareness/Advocacy

From the New Haven Independent:
[Miss Kendra Helps Kids Deal With Covid-19 Fears](#)

Talk It Out Hotline Information



COVID-19 Testing / Prueba de COVID-19 in Fair Haven



Public COVID-19 Testing Center Now Open

If you are experiencing **symptoms** (cough, fever or shortness of breath) or have **been in contact** with someone who has tested positive for **coronavirus**, you can now get tested.

For an appointment, please call 203.871.4179.

Testing available
Monday-Friday
9:00 am - 12:00 pm & 1:00 - 4:00 pm
Call in advance
to schedule a convenient time.

Starting
Wednesday
4/22

Testing is offered at
Fair Haven Community Health Care's
374 Grand Avenue, New Haven location.

203.871.4179 FHCHC.org

Mindfulness Moment

Sierra Club: Just a Moment in a Forest

- ISOLATION WELL-BEING
- SHOWER
 - MEDICATION
 - DRINK WATER

 - CLEAN ONE THING / SPACE
 - TEND SOMETHING GROWING / LIVING

 - BE MINDFULLY PRESENT TO...
 - A SOUND OR SONG
 - A SENSORY FEELING
 - SOMETHING YOU SEE
 - A SPIRITUAL PRACTICE
 - REACH OUT TO A HUMAN OUTSIDE YOUR HOME
 - DO ONE THING TO GET YOUR HEART RATE UP
 - DO ONE THING YOU'LL BE GLAD YOU DID LATER
 - DO ONE THING JUST BECAUSE YOU WANT TO
 - GET IN AT LEAST ONE GOOD LAUGH



when you feel ANXIOUS @POSITIVELYPRESENT

-  GO OUTSIDE
-  ASK FOR HELP
I'M FEELING ANXIOUS. CAN YOU HELP ME?
-  CREATE SOMETHING
-  DRINK WATER
-  WRITE ABOUT HOW YOU FEEL
-  TAKE A DEEP BREATH
-  LISTEN TO SOOTHING SONGS
-  STAY PRESENT
-  FIND A POSITIVE DISTRACTION

A Note from EWBC and the Quaker Dimension Committee:



STEWARDSHIP

Stewardship is recognizing that our relationship to our planet and to one another requires our responsible attention. As stewards we strive to be aware of the interconnectedness of all life on this planet and the consequences caused by neglect of any part of it (ourselves, our community, humans throughout the world, all living things, and the environment). We are responsible for caring for our world as a whole, not just the small parts of it in our immediate lives. Good stewardship means considering the impact that our life choices will have on the well-being of those around us and of future generations.

Stewardship means that we *walk gently on the earth*, mindful of what is wasteful and harmful, sharing the world's resources with one another. We strive to live so that all people have enough to sustain life. As stewards, we are called upon to become models of simple living and concern for the earth, adopting ways of life which put the least strain on the world's resources of clean air, water, soil, and energy and humanity's gifts of talent, health, and wisdom.

Ways to help children experience and understand *Stewardship*

Environment and expectations

- Organize the classroom so that toys and materials have a home. Use pictures and labels for where things belong.
- Expect children to help with cleaning up after meals and activities.
- Include children in taking care of classroom materials, including making repairs when needed
- Explore ways to compost and recycle.

Modeling

- Take care of yourself in ways that the children can see (for example: eating well, resting, expressing your feelings)
- Show appreciation for your colleagues (example: compliments, saying thanks)
- Use only what is needed (for example: paper towels, snacks)
- Conserve resources when possible (for example: recycle, turn off lights when leaving a room)
- Sharing resources between classrooms (for example: toys, books, art supplies)

Activities/Materials

- Caring for community members who are in need (for example, sharing food, resources, or time)
- Taking care of flowers, fruits, and vegetables in the rooftop garden
- Helping children make the connection between composting/recycling and reducing waste
- Participating in the seasonal clothing exchange instead of buying new clothes
- Playing outdoors; explore the natural environment
- Learning about nature through stories, art, games and songs
- Leading students to appreciating their world by way of scientific inquiry, artistic expression, outdoor education adventures and a thorough exposure to natural resources.
- Teaching fairness, social justice and the need for equal access to resources.

Queries on *Stewardship*

for personal reflection or for conversation with children

- How do we act as caretakers of the Earth?
- What can we do to avoid being wasteful? What can we reuse or recycle?
- What can we do to take care of one another, our classroom, our families, and our community?
- When I buy something, do I think about the people who are involved in making and selling that thing, or the other people who also need that thing?
- Am I mindful of how much energy my actions consume?

