

Counselor Corner

PBIS at Home

This idea is from Devonne McLaughlin, an IOE parent. Make a list of chores that kids can choose to do. Depending on the difficulty of each chore, assign it an amount of Monopoly money that it's worth. Allow the kids to use the money that they earn to purchase more desirable snacks from a little store that you set up.

When Devonne shared this idea with me I thought it was great- it mirrors PBIS at school where kids get Tiger Tickets for their behavior (following school rules of Be Respectful to learning, ourselves, others and property), it helps children learn about earning and working towards something, and it is a creative way to help get some chores done.

Don't have Monopoly money? No problem. This could also be done by keeping track of amounts earned on a chart on paper (or a sticker chart, etc). It could also be points instead of money. Each family could adjust this to work for them. Maybe your kids use their money or points to earn screen time or to choose movie for the family to watch or later bedtime or some other privilege or whatever.

Maybe your kids already do chores or you don't want to reward your kids for chores. You could also adjust this idea to help with other things. For example, your kids might earn points for showing good table manners or spending time exercising or playing cooperatively with their siblings or going to bed without a fuss. You can use this great idea in many ways to target what your family needs. Thanks for sharing, Devonne!

Handwashing tips

Keeping your hands clean is very important in stopping the spread of germs and staying healthy. **Remember to clean your hands often!**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



Mantener las

manos limpias es muy importante para detener la propagación de gérmenes y mantenerse saludable. ¡Recuerde lavarse las manos con frecuencia!

- Lávese las manos a menudo con agua y jabón durante al menos 20 segundos, especialmente después de haber estado en un lugar público, o después de sonarse la nariz, toser o estornudar.
- Si no hay agua y jabón disponibles, use un desinfectante para manos que contenga al menos 60% de alcohol. Cubra todas las superficies de sus manos y frótelas hasta que se sientan secas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

In case you missed them, look at our previous Counselor Corners for ideas about:
Week 1 (4/2) - Calming Strategy (Break Spot), Videos About Explaining the Virus
to Kids, Self-Care

Week 2 (4/9) - Managing Feelings, Technology Tips

**If you have any questions or need more information/support please reach out
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