Hello Kids Club Members!

I hope you are staying safe by wearing your mask, washing your hands and social distancing! Also, do not forget to eat your proteins, fruits and vegetables to stay healthy! Remember what Ed Said! I want you to follow us on our social media pages because we are going to have a give-away for MPB Kids Club members soon! But you have to like and follow MPB Education social media pages to see the upcoming details!

Be Safe,

Empee Bee
Help Children Cope With Back-to-School Anxiety
By: Amanda Krupa, MSc

It’s been six months since my 5-year-old and 7-year-old have set foot in a classroom. (But who’s counting?) And as my family prepares for this year’s back-to-school season, we’re all feeling a little… anxious. My 5-year-old has the normal first day of Kindergarten jitters, while my 7-year-old is worried about what it will feel like to return to school with masks and new safety rules. Like other parents throughout the country, I’ve been wrestling with my own feelings about a school year that coincides with a pandemic, and I’m struggling with how to answer my kids’ often-endless questions. It’s hard to feel prepared when it seems like all our plans keep changing. (And this definitely was not in any parenting book I ever read!)

Where does back-to-school anxiety come from?

“Anxiety comes from all of the unknowns and the uncertainty,” says Kathryn Gardner, a licensed clinical professional counselor and Chair of the Board for Postpartum Support International in Illinois. “As parents, we have the imagery of what the future grade is going to hold and how it’s going to be different. [But] right now, we still have a lot more questions than answers.”

Click the link to read the entire article:

What We Are Doing!
Follow and like us on Facebook, Instagram and Twitter at MPB Education so you can see what we are doing! We also want to engage with YOU!

Listen to our previous Mississippi Education Connection MPB Think Radio Show episodes by clicking the following link:
https://shows.acast.com/mississippi-education-connection/
When you go back to school, there may be some things that are the **SAME, NEW, or DIFFERENT** from before. You may have questions about school or about things that are changing. Talk with your family about your questions and about your feelings. You can use the boxes below to draw pictures, cut and paste pictures, or write about what might be the **SAME, NEW, or DIFFERENT**. Here are some examples: Your teacher or caregiver will be the same. Your classroom will be new. Mealtimes at school will be different.

**SAME**

**DIFFERENT**

**NEW**

**THINGS MAY CHANGE, AND THAT’S OKAY. TODAY WE CAN DO THINGS A DIFFERENT WAY.**

Find Daniel Tiger’s Neighborhood games and activities at pbskids.org/daniel
My Learn-at-Home Checklist

☐ I know my school bedtime and how to get myself ready.

☐ I practiced my morning routine 3 times: clothes on, eat breakfast, brush teeth, move my body and find my learning area.

☐ I created a special learning area at home with paper, pencils, crayons, scissors and a place to sit during video calls with my teachers.

☐ I know my teachers’ names.

☐ I have practiced opening the apps and websites that my teachers will use to help me learn.

☐ My parent(s) and I made a schedule for the week and we talked about what each day will look like – including time for exercise, lunch and play!

Find more games and activities at pbskids.org