



Greetings from

TITLE I

www.mrsd.org/title1



Classes held in person

633 Old Homestead Highway, Swansey

Wednesday evenings

5:30-7:00

SPRING CLASSES

3/13 For parents of 3-4 year olds

3/27 For parents of 2-3 year olds

4/10 For parents of 1-2 year olds

5/1 For parents of 0-1 year olds

5/15 For parents of 4-5 year olds

To register online for these free classes, please scan this QR code:

For more information, please call 357-2042 or email:

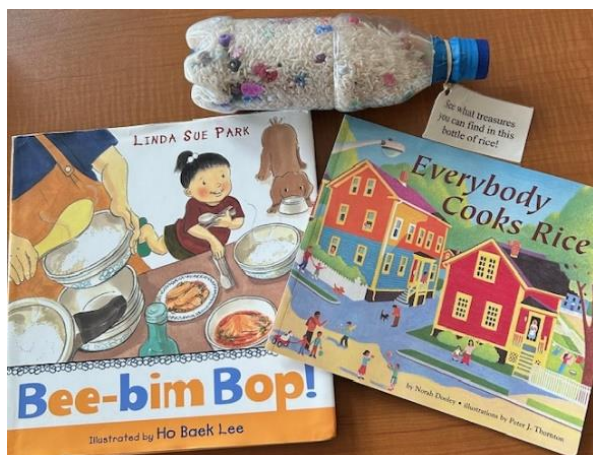


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Another Take-It-Home Kit

Pictured below is our Rice kit. The books even include rice recipes that you can make at home, from bee-bim bop to turmeric rice with pigeon peas! Cooking is an excellent and fun way to practice executive functioning skills. Bon appétit!



Here is one more grounding technique to practice in order to help prevent anxiety and bring you back to a place of focus and calm.

MENTAL GROUNDING

Quickly list as many items as possible from any category. You will be surprised how this simple activity can calm your mind and help you focus.

Here are some ideas of items you can list:

- Colors
- Song titles
- Circular shapes you see in the room
- Games
- Words that start with ____ (choose a letter)

You can say items aloud, or you can write them down. What list will you create?

