

January 2021

Resources for Parents and Guardians

Created from the results of the needs assessment survey

The topics with the highest amount of interest were:

- Anxiety
- Self Control

Anxiety

- This [flyer](#) helps explain the difference between worry and anxiety, what anxiety looks like and feels like (because anxiety often looks like other things), types of anxiety, and how you can help.
- This [brief informational video](#) offers a series of questions to help you think about whether or not your child has worry or possibly anxiety, and a variety of ways to show support.

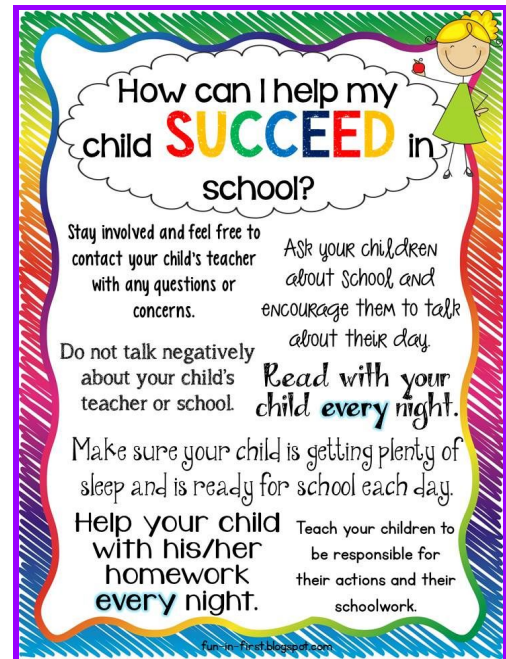
WORRY or ANXIETY	
-relatively temporary	-long term
-happens sometimes	-pervasive
-about more specific things	-can be more diffuse or vague
-mild emotional response	-strong emotional distress and physical response
-doesn't prevent functioning or action	-can prevent functioning or action
-can lead to problem-solving	-difficult to problem-solve
-more realistic concerns	can be less realistic

Self-Control

- This [flyer](#) has information about self-control and impulsivity, why some kids struggle, and what you can do.
- This [video](#) helps explain sensory processing issues, which can contribute to poor self-control and impulsivity.

School Motivation:

Returning to school after being virtual for so long is a tricky task for most kids. If school motivation has improved since being back in the building, great! If your student is still struggling, first give them some time to adjust- 7 hours in the classroom is a long time after essentially 10 months at home. If your student is remaining virtual and having a difficult time, please explore the resources on our [District Elementary Pupil Services Site](#). If none of this information is helping you, please reach out to me directly to discuss specific concerns.



Additional Topics:

If you or your child have questions or concerns about other topics on the survey, please reach out to me directly, or have your child request a time to meet with me to their classroom teacher.

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