

# HELPING CHILDREN CLOSE OUT THE 2019-2020 SCHOOL YEAR

## THINGS TO REMEMBER:

- This is a different school year. It has been full of transitions and mixed emotions.
- Kids are grieving what is lost, like end of year fun.
- Your child may not have things to look forward to over the summer as they have in years past.
- Your child may not know how to express his/her feelings about what is happening.

## WHAT YOU CAN DO:

- Talk to your children about how they are feeling. If they don't want to talk, invite them to draw pictures. Talk to them about how they can manage and express their feelings.
- Get contact information for friends.
- Encourage them to write letters to their friends, teachers, or even the school year.
- Provide a transition activity into summer.
- Make a list of fun things you can do together over the summer.

## WHAT YOU CAN SAY:

- "I know this is hard."
- "Missing your friends and teachers must make you feel sad."
- "I'm here for you."
- "Do you want to talk about it?"
- "What was your favorite thing about this school year?"
- "What advice would you give someone who will be in \_\_\_\_\_ grade next year?"