



RESOURCE TOOLKIT

JUNE 2021



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JUNE RESOURCE TOOLKIT



Happy Summer!

Kids are out of school, which means they have a LOT of time on their hands right now! This month's resource toolkit highlights just a few of the summer learning and enrichment activities that kids can take advantage of!



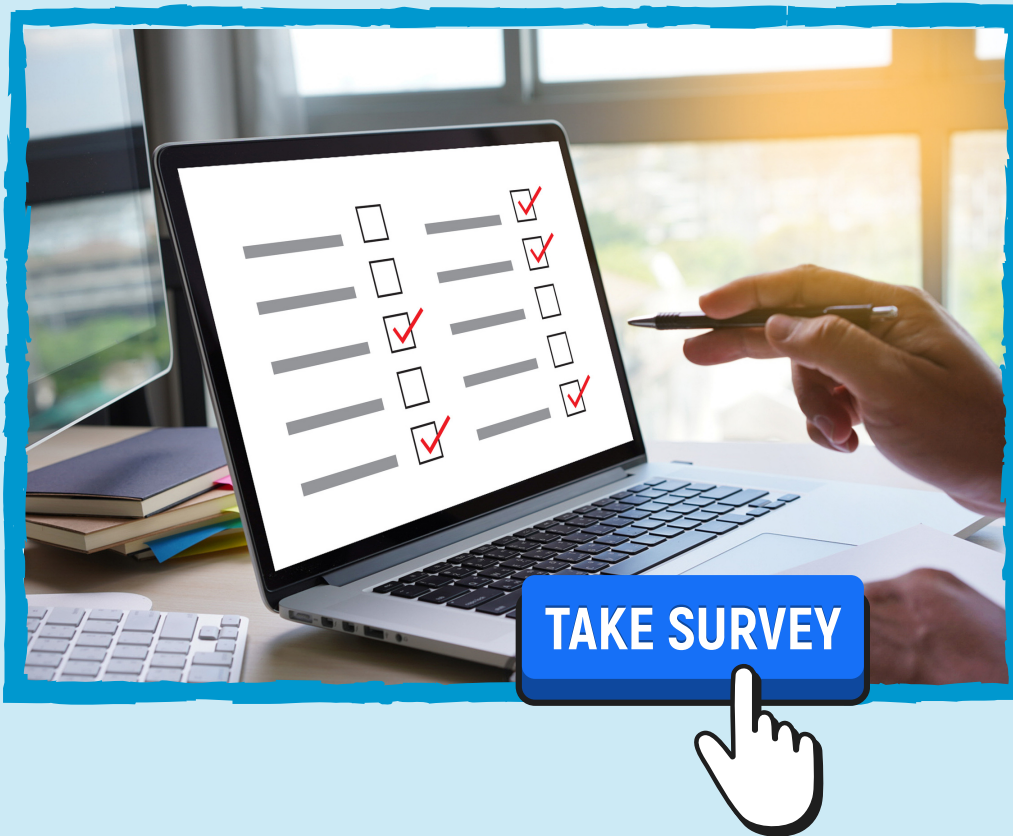
If this is your first Free Your Feels Resource Toolkit, you'll notice a "Take Action" section on each page. Inside you'll see a small action (ie. watch a video, register for a webinar, have a conversation, etc.) we're asking you to take to improve youth mental health. First up -- click on our Facebook and Twitter pages to make sure you are following them. Throughout the month, be sure to share the posts you see there.

We hope you'll find this new toolkit useful.

FOR YOUTH/TEENS

FREE
your
FEELS

What do you need? How are you spending your time outside of school? Where do you feel valued? These are just a few questions asked in the annual VOX ATL Teen Survey! This survey solicits teens' views on important topics like out-of-school time, communication, and mental health needs.



TAKE ACTION

Take the survey! It's a strengths-based, mobile-friendly, and teen-driven survey that will take less than 10 minutes to complete. Open now through September 1.

BE ENTERED TO WIN A \$50 OR \$100 GIFT CARD!



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF INFANTS & TODDLERS



Explore and play with your child all summer long with a variety of free resources from PBS Kids! The foundations laid and supportive interactions in early childhood are critical for later emotional and mental wellness.

ACTIVITIES, GAMES



AND MORE!

TAKE ACTION

Spark curiosity and creativity with hands-on activities, tips, and games around different themes supporting literacy, math, science, and life skills.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF INFANTS & TODDLERS



Do you have a child in your life that you love and care for? Bright by Text is for you! Free text messages with easy, practical tips and activities are delivered right to your cell phone. Messages are targeted to your child's age and include information on development, language and early literacy, health and safety, behavioral tips, and more.

Bright by **Text**

TAKE ACTION

Sign up for Bright by Text here.
All you need is your child's
birthday and zip code!



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF SCHOOL-AGED YOUTH



During the summer months away from school, it's crucial that children have access to healthy meals, safe environments, mental health resources and support, and books and educational opportunities so they can keep learning. Public and private partners across Georgia have created an online toolkit with resources for summer reading, learning, safety, and meals.



TAKE ACTION

Find safety tips, meal assistance information, and learning resources -- all compiled in ONE place.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF SCHOOL-AGED YOUTH



Summer groups throughout June and July!

If your child or teenager needs something to do this summer, CHRIS180 is offering a variety of day programs, with each program focusing on a different topic, such as:

- Social Skills Through Games
- Mindfulness for Families
- Self-Esteem Building
- Transitioning to High School
- Parent Self-Care/Stress
- and more!

Free Summer Groups!

Does your child or teenager need something to do this summer? JOIN US!

*Note: Participants can participate as frequently as they choose. They are not required to participate in each and every session. Groups are geared toward skill-building and social connection!

Email the therapists below to register your child or teen today!

Social Skills Through Games 6 th - 8 th graders Mondays, 3 P.M. - 4 P.M. 6/7, 6/14, 6/21, 6/28, 7/12, 7/19	This group will focus on developing social skills you can use through games and activities. We will focus on skills like active listening, problem solving, working together, and taking someone else's perspective. Email Alexandra.Gellin@CHRIS180.org
Healthy Thinking Habits 3 rd - 5 th graders Wednesdays, 2 P.M. - 3 P.M. 6/16, 6/23, 6/30, 7/7, 7/14, 7/21	Students can use positive thinking to promote positive behavior. Students will learn how to believe in themselves and what they can accomplish when they actively work to challenge their thinking habits and patterns. Email Jessica.Cooke@CHRIS180.org
Mindfulness for Families All ages + caregivers! Thursdays, 4 P.M. - 5 P.M. 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22	This group will provide caregivers and children an opportunity to learn and practice a variety of fun and easy mindfulness-based activities and find ways to incorporate mindfulness into family routines. Email Alexandra.Gellin@CHRIS180.org
Transitioning to High School Rising 9 th graders Thursdays, 1 P.M. - 2 P.M. 6/17, 6/24, 7/1, 7/8, 7/15, 7/22	Transitioning to high school brings up all kinds of feelings and concerns: will my friends be at my new school? Will I be able to do the work? This group will discuss relevant topics & provide support for rising high schoolers! Email Ayana.Taylor@CHRIS180.org
Problem-Solving 2 nd - 5 th graders Tuesdays, 3 P.M. - 4 P.M. 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20	This group will empower students to learn how to communicate in pro-social ways by working with their peers. We will explore problem solving, effective communication, positive friendships, positive decision making and more. Email Latoyia.Harris@CHRIS180.org

TAKE ACTION

Find the program(s) of your choice and register today!
(Registration information is within the document).



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



Prevent the summer brain drain! The Georgia Department of Early Care and Learning has assembled a DIY Summer School toolkit for you! These GELDS-aligned activities will keep kids engaged and learning all summer long.

What is summer learning loss?

When children are not engaged in educational activities during the summer months, learning loss occurs. The equivalent of two months of grade level learning can be lost during summer break. For more information visit www.summerlearning.org.

(DIY) Summer School

Prevent the summer brain drain!

JUNE 2021

Bright from the Start Georgia Department of Early Care and Learning

Marvelous Math MONDAY	Terrific Science TUESDAY	Writing and Reading WEDNESDAY	Thinking Skills THURSDAY	Fun Physical Development FRIDAY
<p>7 Go on a shapes scavenger hunt in your home. Have your child look for squares, triangles, circles, rectangles, ovals, etc. GELDS: MA6</p>	<p>1 Decorate recycled materials such as cans, plastic bottles, yogurt containers, old CDs, or metal lids. Attach to stick with yarn to create wind chimes for around the yard. GELDS: SC3</p>	<p>2 Provide picture directions and ingredients for a healthy snack such as arranging raisins on cream cheese and celery to look like ants on a log. GELDS: CLL1</p>	<p>3 Have your child predict how many hops it takes to get from one end of a hall/room to another. Then, help him/her check the prediction. GELDS: CP2</p>	<p>4 Play animal charades with your child outside. Act out favorite animals, including motions and sounds they make, and then guess the animal. GELDS: PDM1</p>
<p>14 Collect 10 (or more) objects. Hide them from your child around the house and let him/her have fun finding them. Count them as you find them. GELDS: MA1</p>	<p>8 Put a large chunk of ice in a pan on the table. Encourage your child to explore the ice, talk about properties and find ways to make it melt. GELDS: SC1</p>	<p>9 Play with sidewalk chalk. Have your child practice writing letters of significance (e.g., first letter of name) or drawing shapes with guidance. GELDS: CLL9</p>	<p>10 While doing simple tasks during the day (e.g., making lunch), ask "What should we do first? Second?" to practice sequencing. GELDS: CP2</p>	<p>11 Play freeze tag with your child to work on gross motor skills. GELDS: PDM3</p>
<p>21 Fill a large plastic container with beans. Use measuring cups to talk with your child about more/less and volume. You can also practice estimation. GELDS: MA7</p>	<p>15 Go outside, lie on a blanket, talk about clouds, sun, and sky. Have your child draw pictures of what he/she sees. GELDS: SC2</p>	<p>16 Help your child make up rhyming nonsense words while shopping. For example, you see an apple, say happle, lapple or wapple. GELDS: CLL6</p>	<p>17 Fill a pan with water and have your child guess which objects will float and sink. GELDS: CP3</p>	<p>18 Engage in a new variation of the classic games, Mother May I and Duck, Duck, Goose, by changing the names to Father May I and Dad, Dad, Son in honor of Father's Day. GELDS: PDM3</p>
<p>28 Help your child find different sized rocks outside. Help him/her put them in order from smallest to largest. Talk about shape, texture, weight. GELDS: MA3</p>	<p>22 Create a ramp experiment for your child using a wrapping paper/cardboard tube and balls, cars, etc. Use masking tape to secure it to something tall like a chair or shelves and watch how far things will roll. GELDS: SC4</p>	<p>23 Make a homemade alphabet book with your child. Find pictures in magazines that start with each letter. GELDS: CLL7</p>	<p>24 Place flat objects (like a ruler or key) on a dark piece of construction paper. Place in direct sunlight for a few hours. Show your child how the sunlight faded the paper, leaving dark silhouettes. Talk about cause/effect. GELDS: CP1</p>	<p>25 Put a straight line of masking ground and have your child try walking a straight line to practice balance and coordination. GELDS: PDM3</p>
	<p>29 Check out a book or do online research about your child's favorite animal. Talk about life cycle, eating habits, environment. GELDS: SC3</p>	<p>30 Visit the library and check out a book about summer. Before reading, provide your child with an opportunity to ask questions. Follow-up after reading the story by answering the questions. GELDS: CLL3</p>	<p>Georgia Dept of Early Care and Learning BRIGHT FROM THE START</p>	

TAKE ACTION

Download the calendar and complete as many activities as you can throughout the month of June.



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PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



Planning for summer just got a whole lot easier! The Georgia Statewide Afterschool Network has compiled a suite of fun and engaging activities and challenges. Broken down by age group, and based in skill-building and **social-emotional learning**, the guide offers more than 150 activities and challenges to complete!

summer activity guide

Who I Am

ages
5-9
AND MORE!

TAKE ACTION

Download the
[Summer Activity Guide here.](#)



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PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



How do you increase youth voice and engagement in classrooms and after-school programs? VOX Atlanta has assembled the VOX ATL Lesson Guide, which is filled with hands-on activities that use teens' published content for exploring critical issues and developing skills.



TAKE ACTION

Download the
[VOX ATL Lesson Guide Here.](#)



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