



## QUARTERLY NEWSLETTER

December 2020 Volume 02

### SOCIAL EMOTIONAL TOOLKIT: SELF-CARE, REGULATION, AND STRESS MANAGEMENT



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#### Letter from the Editor

As we approach approximately eleven months of the pandemic, we may be feeling the weight of it all resting on our shoulders. Now more than ever, actively engaging in self-care to relieve some of the stress is highly encouraged. Often



the hardest part is actually starting these stress management activities.

Our students with disabilities are no different in that they too may be feeling stressed. Although this too shall pass, they are living in a world of unpredictability at the moment. For many of our students, structure and routine are key factors that provide comfort. This newsletter is dedicated to providing suggestions and resources to try at home, school, or wherever you may find yourself. So dim the lights, make a warm cup of Hudson Bay tea or hot chocolate, and try a few of these activities with your family, students, or even on your own.

## Dámaan agang hl kínggang (Haida)

Take good care of yourself,

Amy Topmiller

SESA Newsletter Editor & Multiple Disabilities Specialist

### Distance Support and Stress

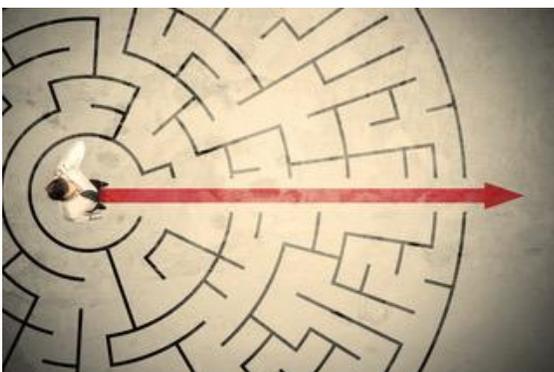
by Meriah Cory, Multiple Disabilities Specialist

Distance support is great until it is not. This can be true for the person receiving support (i.e. student) as well as the person giving it (i.e. teacher). While it is better than having nothing, it is exhausting and takes a lot more planning. There are different challenges with distance support and it can seem like the outcomes aren't as fruitful. Below are just a few of the positives and the challenges of distance support...



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### Navigating Social Scenarios by Brian Babcock, Autism Specialist



Imagine yourself in a new city. Imagine there is a free gift card waiting for you at your favorite store that is famous for selling all the best things. You have no tour guide, no phone, no map, no reference points. You have thirty minutes to find the store, after which your shopping spree expires. **Ready. Set. Go!...**

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for people of all ages and abilities. We know that Yoga's positive effects can improve flexibility, balance, build muscle strength, and reduce blood pressure. Yoga can also make an individual feel happier, healthier, more relaxed, increase feelings of self-esteem and can provide peace of mind, which in all honesty, is much needed in this time of Covid-19. Extensive research has investigated the wide-ranging effects of yoga on body, mind, and psyche in children. But you may wonder how students with a visual impairment (VI) participate in this fairly visual activity?...



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