


Resilience for Children & Families: Be Your Best & Safe at School


We have **2** guests today! Dr. Maria runs programs to help kids succeed. Many are from [other countries](#). Dr. Gale taught 4th-6th grade for 18 years! At the University, she helps people learn how to teach kids like you!



Dr. Maria directs education programs for kids. She works with schools to help new English speakers. Some kids are from families who work hard in U.S. farms. But they must move around a lot. She helps them be [safe and study well](#).

You might learn by computer at home. If you have class with other kids, wash your hands. Wear a mask. This keeps us all safe.


- Johns Hopkins kids [5 tips Video](#).
- Teens Advice on wearing [Masks](#).
- Parents: [American Academy of Pediatrics](#)



Dr. Gale taught over 1000 kids at **4** elementary schools with kids like you. She has been my friend for a long time. Now, she runs a program at a University. She is a Professor who helps adults learn to be good teachers and leaders.

Kids said they like help with school. Who can help you?

1. Dr. Gale says you can succeed! Set goals. Ask an adult at home, school, or church. Ask a sibling, friend, or neighbor. We all need help sometimes.
2. At times, all kids have a hard time remembering. Try to learn facts using music! Here's a fun [Planets](#) song!
3. We learn by reading. Have fun with free [read.gov](#) books!
4. To learn math try [Kahn Academy](#) or free games [KenKen](#) or [Prodigy!](#) Learn about the world with [National Geographic Kids](#) or [Lizard Point](#) games!
5. Make reading fun with books you love like comics, jokes, and sites like [PBSKids](#).
6. To build educational resilience, take care of you! Here is a place to help [Second Step](#).
7. Dr. Maria says, believe in yourself. Sometimes things get really hard. Put on your strong self. Believe you can do well in school! You've got this!
8. If you feel stress, ask a teacher. Can you squeeze a small ball or take a little break?



Learn one new word a day! Try a fun [app dictionary](#) or [WordSmyth](#) for K-12th

9. Some subjects can be hard. You may be good at one thing. Your friend is good at another. Help each other out!
10. Set a goal every day. Do just a bit better than last time.

Teachers: You were already a child's first responder after hard events. Now, you put your lives on the line so they can learn. We are so grateful.

