

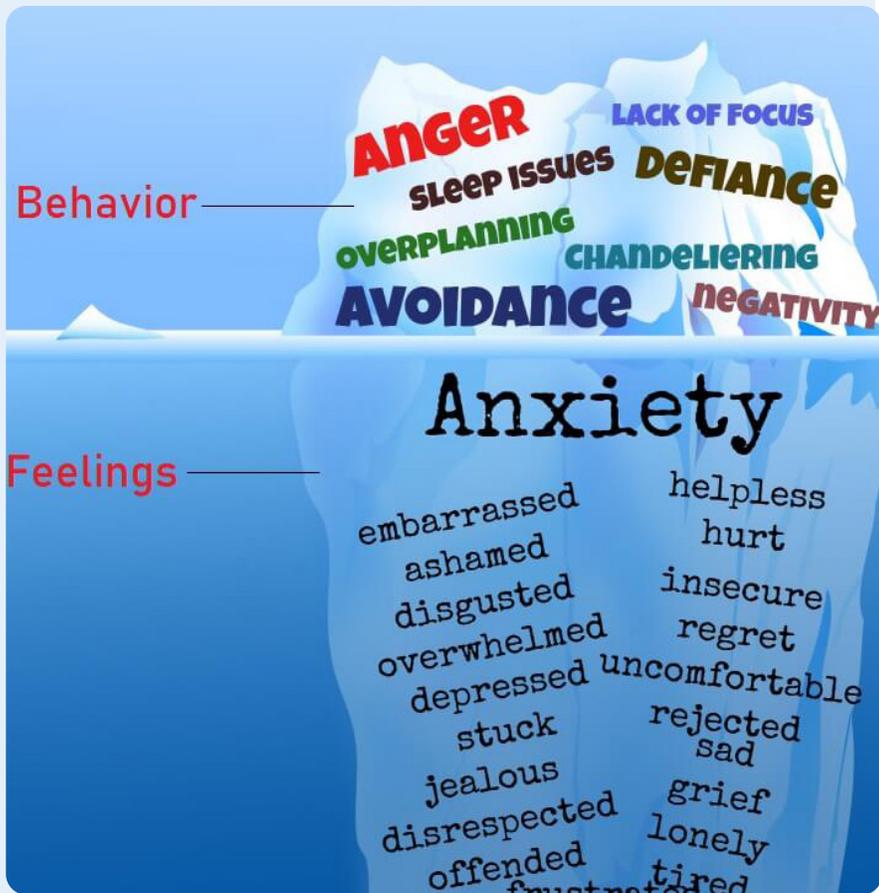
The Tip of the Iceberg

Icebergs are deceiving because what you see on the surface is usually only a small fraction of what lies below. Observing the behavior of an anxious child is sometimes like looking at the tip of an iceberg: underlying the anxious behavior are layers of emotions and experiences. However, anxious behavior is not uniform and in reality, be demonstrated in different types of behavior. Here are 8 behaviors which can indicate the anxiety that lies below the surface.

Your child might ask repetitive questions for reassurance and no matter how many times you answer, the question repeats. You might have the perfect child at school that comes home and constantly picks fights with you or siblings. You may have a child that can't focus, motivate, or even loses sleep at night. Or maybe your child is downright angry. In fact, anxiety can manifest in a multitude of forms. You can learn more about how these behaviors could be related to your child's anxiety by visiting gozen.com.

Ask Your Child: When have you recently felt anxious and how did you process those feelings?

SELF-CARE



<p>No chat while teacher is talking</p>	<p>Be on time</p>	<p>Zoom from kitchen or living room</p>
<p>Mute yourself</p>	<p>Turn on video</p>	<p>Be prepared</p>
<p>Adult needs to be present</p>	<p>Raise your hand to talk</p>	<p>Be respectful</p>

Lucky Little Learners

ZOOM GROUND RULES

Remote Learning

With the new year comes an opportunity to reset our goals and intentions for 2021. Although we are hoping to return to in-person instruction this month, a few reminders about Zoom etiquette are a great way to start the new year off positively while we are still receiving remote instruction. Everyone is doing a great job with distance learning so keep up the great work!

Ask Your Child: Which Zoom ground rule do you think is most important and why?

Find more about Zoom Ground Rules at luckylittlelearners.com

How to Make Worry Stones A traditional salt dough takes on a magical spin with the addition of sparkles and an accompanying calm down strategy.

Ingredients:

- flour
- salt
- warm water
- gel food coloring
- sparkly glitter

Directions:

1. Mix 2 parts flour and salt in a bowl. Add 1 part warm water and stir it to create a doughy paste. If it is too dry, add a little more water until a dough is formed.
2. Tint the dough with the food coloring and mix in the glitter.
3. Now turn the simple salt dough into a worry-busting tool by having the kids form the dough into small cubes and indenting the sides a little bit with their thumbs.
4. Let sit overnight or until completely hardened.

Ask Your Child: Which step of this craft was your favorite?

FUN CRAFT



Find more easy crafts at www.coffeecupsandcrayons.com

Pretzel Rod Snowmen

Ingredients:

- 10 large pretzel rods
- 12 oz package white chocolate melts
- 40 candy-coated chocolate candies
- 5 small fruit-flavored taffy bars
- 1 tube black gel icing
- 1 tube orange gel icing

Directions:

1. Cut pretzel rods in half and place onto a sheet of parchment or wax paper that will be used after they are dipped.
2. Melt white chocolate candies according to package directions in a 1-cup liquid measuring cup. The handle and the spout make the dipping process easier, and the spout is just the right shape to scrape off excess chocolate from the snowmen.
3. Tip your measuring cup so the chocolate pools along the side and lets you coat further down the pretzel. Dip cut side of the pretzel into chocolate, cover as much of the pretzel as possible. Tap to smooth chocolate coating then remove excess along the bottom by dragging the pretzel across the measuring cup spout. Place pretzel on parchment paper then repeat process with remaining rods.
4. While the chocolate coating is still slightly tacky, position 2 matching-colored candies on each side of the pretzel near the top to form earmuffs. Allow melting chocolate to completely harden before moving on to the next step.
5. Cut each taffy bar lengthwise into four 1/4"-wide strips for the scarves. If you're using something like a fruit roll-up, cut it into 20 pieces that are about 1/4" wide by about 4"-5" long. Wrap taffy around the pretzel just below the earmuffs then bend or position candy to resemble a scarf.
6. Use black decorating gel to make coal eyes, mouth and buttons. Pipe orange decorating gel on the face in the shape of a carrot nose. Set snowmen aside until coatings are fully set then enjoy!

EASY RECIPE



ONE LAST THING

If you have chocolate melts left over, pour the contents into a resealable plastic bag, let harden then save for next time!

Ask Your Child: Which of your snowman do you like best?

Find more easy recipes at everydaydishes.com/holiday