Dear Families,

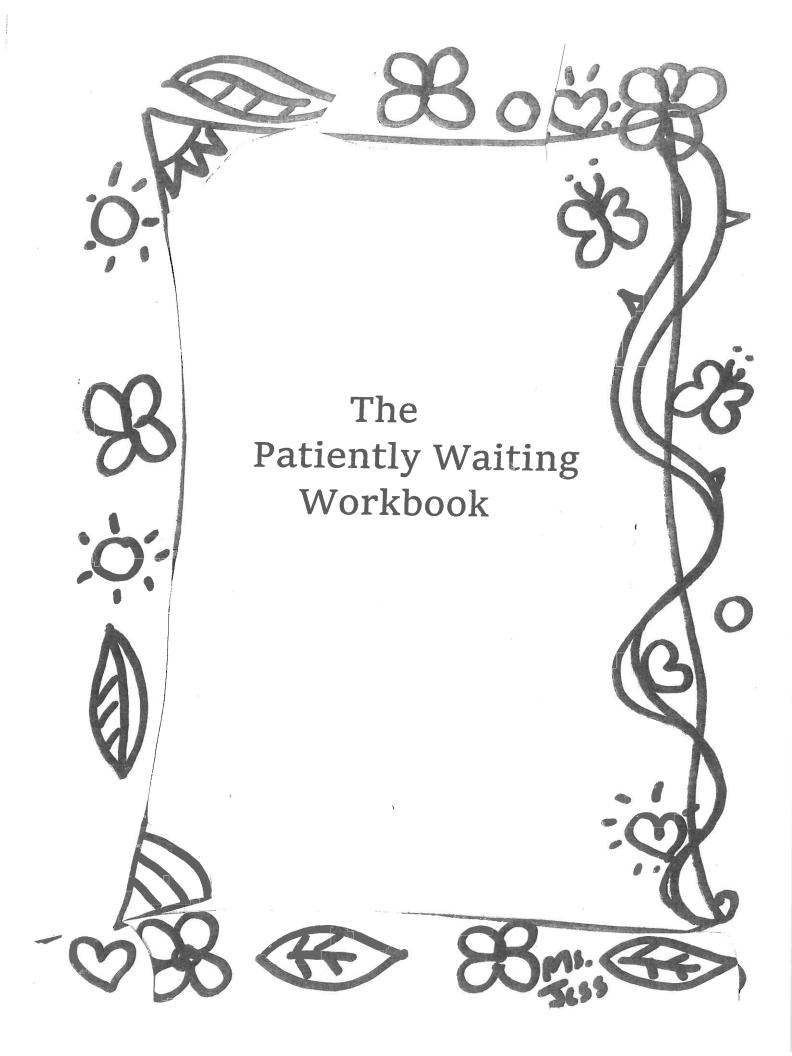
The following workbook is a coordinated effort between the Khalsa Toddler and Khalsa Primary communities. It is intended to offer your children a safe space in which to express their feelings during periods of separation from friends and family due to COVID-19.

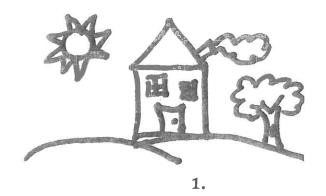
During this challenging and unprecedented time, perhaps we can look to Montessori philosophy concerning the positive impact of work and routine on children's overall development. When your child participates in work at home — whatever the job may be, he or she is participating in a normal activity of daily living. In highly uncertain times, normal routines - like work, become even more necessary to mental, physical, spiritual, and cognitive health.

As an important member of our Montessori community, your child has become familiar with the concept of practicing patience, or "patiently waiting". However, sometimes, waiting can feel really hard to do. In the following workbook, we explore waiting as a job that your child, (and all people right now), are practicing. Participating in the task of patiently waiting, is a familiar and empowering act for young children. It is an explicit reminder of what they are capable of doing. The follow up question to ask your child is: what work will you do while you wait? This question is an invitation to your child to find a meaningful activity. In the workbook, you may list some ideas of specific work to be done. It is intended to be "customized" with your child's art and any words they may ask you to write.

For a young toddler, it may present just enough information. For an older child, it may be a catalyst for them to ask you further questions. Ultimately, we hope that it provides a creative outlet and small source of comfort for you all.

Sincerely, Your Toddler and Primary Teachers





*Please draw in this book!

Sometimes, living things become sick – or "ill". Humans, animals, even plants!

Your Art Here:



There are many different kinds of illnesses. For example, a plant may become sick with a blight, and a person may become sick with a virus.

When people become sick, they may need to stay home from work or school.

Your Art Here:



Did you know that sometimes people need to stay home even when they are feeling well?

When people who are well stay home, they give their neighbors (who may be feeling sick), a chance to get better or "recuperate". What a kind thing to do!

While our neighbors are getting better or "recuperating" at home or in hospitals, we must wait to do some of the things that we love to do.

Perhaps you are waiting to use the playground at the park or waiting to see your friends at school.

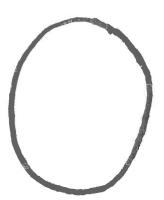
Waiting to see people that we love and waiting to go to places that we like to go, can feel very hard to do!

In the space below, you can use the oval shapes to draw what it looks like when you feel big feelings, or "emotions". You may be feeling lots of different emotions while you wait, and that is just fine. All people experience emotions such as: happy, sad, angry, scared, and confused.

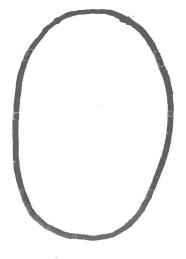
This face is -----. This face is-----

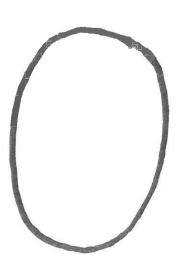
*Invite your child to name each emotion and write it in the blank space.





This face is-----. This face is-----





Your family will let you know when it is time to see your teachers, friends, and other loved ones, and when it is time to go back to visiting your favorite places.
Here are some things to do while you wait:

PAINT A PICTURE

DANCE

HAVE A VIDEO CHAT

SING

DO A PUZZLE

DIG IN THE DIRT RIDE A BIKE



What else?

Your Ideas Here:

6.

People have responsibilities - jobs to do at home and at school. Your teachers and your family know that you're very capable and can do LOTS of important jobs! You are a helper. Thank-you for patiently waiting to visit the people and places you love. Right now, patiently waiting is an important job we all have.

In the space below, you can list some jobs that you already do. For example, maybe you help fold laundry or feed a family pet. Perhaps you help get snack ready at school. A job that takes some practice is patiently waiting. With practice, jobs become easier to do.

Jobs You Can Do:

1.

2.

3.

4.

5.

Are there more?

Jobs You Are Practicing:

1. Patiently Waiting

2.

3.

4.

5.

Are there more?

Also, if you ever feel sad, angry, scared, confused, or ANYTHING else:

Please Use Your Words

And let your family know. If people know how you are feeling, they can help you. Your friends, teachers, and family love you VERY much!

