



March 17, 2020

Dear ECASD Family,

During this unprecedented time, we want to continue supporting our students with special education needs. Though we are not providing special education services during the school closure, we want to continue to do our best to meet the needs of our students. As you know, teachers are providing at home supplemental learning activities for all students. In addition to these supplemental activities, we also want to support your child in continuing to work towards their IEP goal(s).

Included below is a summary of your child's IEP goal(s) as well as supplemental activities that would provide continued practice with each IEP goal:

**At Home Learning  
Supporting your Child's IEP Goals**

**IEP Goal: Your student will increase his/her pro social skills and communications skills.**

**Supplemental Activities:**

- **Read some social stories from this web site:** <https://videolearningsquad.com/courses/free-access-social-skills-squad/> This program is designed around teaching two concepts: social mind (perspective taking) and big heart (mindfulness). Each lesson has clearly outlined steps to follow.
- **Use coping skills when frustrated: count to 10, breath in and out slowly, take a break.**
- **Practice using manners at home: please, thank you, no thank you.**
- **Zones of Regulation site:** <https://www.zonesofregulation.com/learn-more-about-the-zones.html>  
This site can help you child visually describe how they are feeling and gives suggestions on what coping skills to use when they feel upset, frustrated, angry or sad.
- **Coping skills site:** <https://www.verywellfamily.com/coping-skills-for-kids-4586871>  
This site will give you quick and easy suggestions for kids to use to help them calm down.
- **Social Stories site:** <https://www.pbisworld.com/tier-2/social-stories/>  
This site gives you ideas on what to say or do when you want your child's behavior to change.

Special education teachers will continue to communicate with families during the school closure. If your child's IEP and/or evaluation is due during the school closure, school staff will be communicating with you in order to set up a meeting either by phone or other virtual means.

We anticipate that state officials may provide further direction and we will continue to communicate with you as we learn more from them. We appreciate your patience and understanding. Please do not hesitate to reach out with any questions or concerns you may have during this time.

Thank you,

Manz Elementary Special Education Staff