

Tool Box Tips

Emotions can be overwhelming for a lot of kids. Learn why, and check out our feelings wheel that helps kids share how they feel. Plus, thinking about how we handle failure.

WHY MANAGING EMOTIONS CAN BE TOUGH

Big feelings can be hard to manage. Older kids who still have tantrums when they're frustrated or who tend to get overexcited might be struggling with self-control.

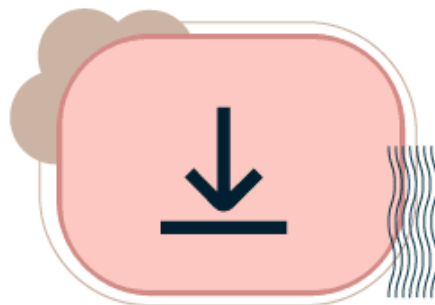
[TAKE A LOOK](#)



HOW TO USE A FEELINGS WHEEL

Identifying feelings and sharing them with others can make big emotions more manageable. Our feelings wheel can help kids learn to slow down and name how they feel.

[LEARN MORE](#)



WHAT TO SAY WHEN KIDS FAIL A TEST

Failing doesn't feel good. Here's what to say afterward so kids know they can learn from failure – and that you believe in them.

[GET TIPS](#)



PARENTING FAILS

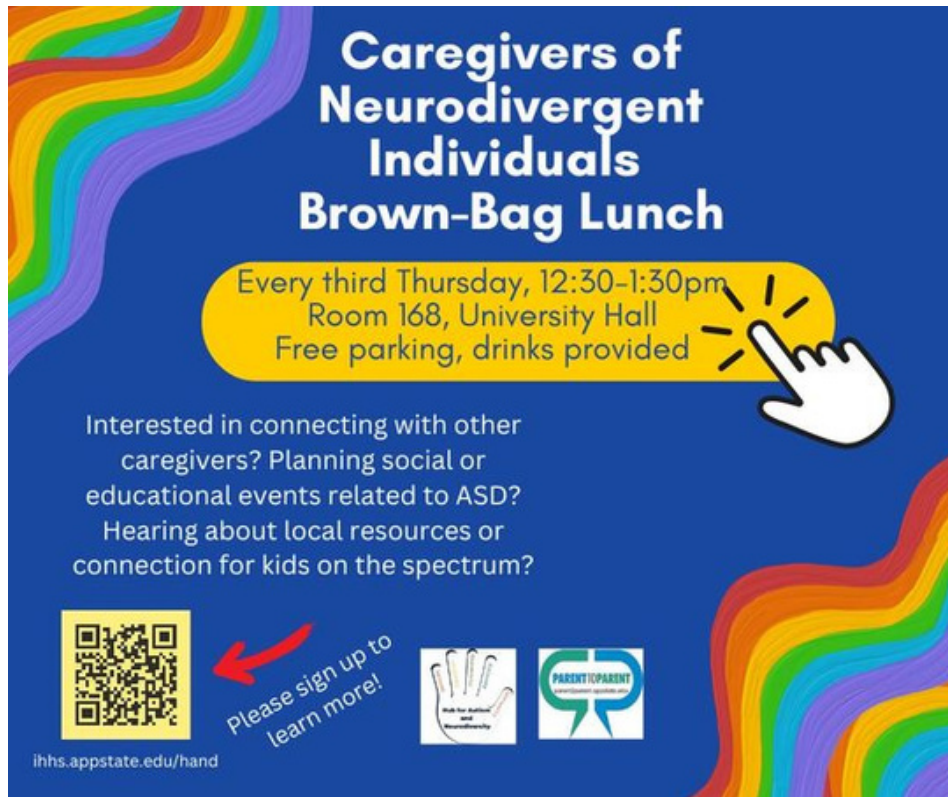


We all mess up sometimes.

In this episode of the In It podcast, the hosts discuss parenting moments they regret and share real stories sent in from listeners.

[LISTEN NOW](#)




UPCOMING REMINDERS!



**Caregivers of Neurodivergent Individuals
Brown-Bag Lunch**

Every third Thursday, 12:30-1:30pm
Room 168, University Hall
Free parking, drinks provided

Interested in connecting with other caregivers? Planning social or educational events related to ASD?
Hearing about local resources or connection for kids on the spectrum?

ihhs.appstate.edu/hand

Please sign up to learn more!

The poster features a dark blue background with vibrant, wavy rainbow patterns on the left and right sides. A white hand icon with a pointing finger is positioned on the right, pointing towards the event details. The text is in white and yellow, providing clear information about the event's schedule and location.



iCAMP 2023
SAVE THE DATE!
July 24- July 28

Camp Sky Ranch, Blowing Rock NC
For more information, visit
www.icamplife.com

The poster features a vibrant, colorful background with a young girl lying on a large, multi-colored inflatable slide, smiling joyfully. The text is in white and blue, providing clear information about the event's dates and location.

What is a Signal Group Chat?

It is an end-to-end-encrypted instant messaging and SMS app. Users can send direct or group messages, photos, and voice messages across multiple devices. The key advantage is that it offers a strong focus on security and privacy. If you would like to join the CONI Signal Group, [email me](mailto:millermai7@appstate.edu) at millermai7@appstate.edu and I will provide a link for you to join in.



JULY 2023

July 12, 6:30-8 PM
Your Journey Through an Eight-Step Planning Process
Willow Creek Community Church
67 Algonquin Rd., S. Barrington IL 60010

July 15, 9 AM-12 PM
Charting the Journey: Special Needs Planning Program
Annual 5P Minus Society Conference
1401 Nordic Rd., Itasca 60143

July 20, 12-1 CDT
Parent University Class 7 - Online
"Employment: Let's Meet Some Friendly Employers!"

SEE ALL OUR
2023 EVENTS
HERE!



CHECK OUT THESE FUN FACTS ABOUT THE FOURTH OF JULY FROM GOOD HOUSEKEEPING

Check out these little-known facts about the holiday and America itself. We've included Fourth of July trivia that can be shared with friends and family which will certainly have them impressed with your history knowledge.

Kids will especially love learning about the day.

For starters, did you know that Independence Day was once celebrated on July 5? Exactly!

You'll also learn a little bit about traditions around the holiday, including how much Americans tend to spend on fireworks this time of year.

So once you figure out your 4th of July activity, plan your perfect patriotic playlist and pick out the best Instagram caption for all of your BBQ pictures, be sure to memorize some of these fun facts and trivia.



*Focus Discussion On
Navigating Educational Services
Thursday, July 13, 2023
12:30 – 2:00 pm*

**UNIVERSITY HALL
400 UNIVERSITY HALL DR, ROOM 102
BOONE, NC 28607**

**TERRI CHESTER WILL BE PRESENTING A
75-MINUTE GROUP FOCUS ON NAVIGATING
THE PUBLIC SCHOOL SERVICES AVAILABLE TO
NEUROLOGICALLY DIVERSE CHILDREN AND YOUTH.**

TOPICS DISCUSSED WILL INCLUDE:

**EC SERVICES (IEPS)
504 SERVICES
MEDICATION
MENTAL HEALTH SUPPORT
HOW TO INITIATE A REFERRAL
WHAT QUESTIONS ARE HELPFUL TO ASK
AND MORE**

**THE GROUP WILL HAVE A 45-MINUTE
INFORMATIONAL SESSION
AND A 30-MINUTE
QUESTION-AND-ANSWER SESSION.**

Celebrate Summer by Exploring Environmental Wellness



ENVIRONMENTAL
WELLNESS



DBSAlliance.org/WellnessWheel

With summer here, we can now enjoy some of the longest day of the year. If you're eager to get outside, you might be thinking about your environmental wellness. Spending time outdoors and in nature can be incredibly beneficial for mental health.

Wellness Tip: Make time outdoors a habit.

Think about ways you can incorporate spending some time outdoors daily, whether it's a walk around the block, a run, or sitting on the porch. Making time outdoors a habit can be supportive of our overall health.

Journal Prompt:

Reflect on a time when you felt at peace with your environment. What conditions were present that made you feel calm?

[Find Out More About Environmental Wellness](https://DBSAlliance.org/WellnessWheel)

EASY FLAG SANDWICH

4th
of July



RECIPE
OF THE
MONTH

- BUTTER OR CREAM CHEESE
- BLUEBERRIES
- STRAWBERRIES, CUT INTO SLICES
- BREAD SLICES

TOAST BREAD SLICES
AND SPREAD BUTTER OR CREAM CHEESE
OVER THE TOP.

CREATE A FLAG DESIGN WITH BLUEBERRIES AND STRAWBERRY SLICES.

GET MORE CREATIVE IDEAS HERE

