

TRUTHS & TIPS

Sivet Empowerment LLC & Grace & Love

July 15, 2025



GREETINGS FRIENDS!

I hope you all are doing well and that your programs are prospering. Its about that time of year again! The 2024-2025 school year is around the corner. Maybe there will be back-to-school bashes. Perhaps a uniform/clothes drive for families who may need a little extra support. There may even be time to have a few more weeks of summer fun! Whatever you choose to do in preparing for the new school year, I hope you do it with love and excitement for a new beginning with new students and families!

Wishing you all well!

Ms. Tevis

SOCIAL EMOTIONAL WELLNESS

In children, it is their ability to feel safe, secure, and valued. This helps them to explore and learn. This also helps them to experience, manage, and express a range of emotions, develop relationships, and adapt to many different situations. Teachers can show respect and care for their students by making comments that are loving and acting in a respectful way. Be sure to encourage your teachers to do this daily because we don't know what our children are dealing with at home.



TRUTHS & TIPS

Sivet Empowerment LLC & Grace & Love

July 15, 2025



HOW TO CALM A HYPER CLASS!

1. Create a routine; this helps the students feel more in control and secure. (schedules are important.)
2. Break tasks into steps. A large task or too many can be overwhelming; break them down into smaller, more manageable steps.
3. Teach relaxation techniques. Breathing and relaxation techniques can help students focus their minds and calm them down. (bubbles, yoga)
4. Provide a calm-down corner (quiet center); this is their safe space. Place comforting items in this space.
5. Incorporate emotional awareness. Use visuals like feeling cards or emotion charts to help children identify and label their emotions. This helps with fostering emotional literacy.

BIRTHING PROCESS

On July 10th, I was able to experience my first Doula birth. When I say nothing short of amazing, it was all things amazing. To see this mother go through this journey—her mind, her body, and her spirit made me realize so many things about us as women and how my higher power created us. To see this little precious boy enter this world and tune into his mommy and daddy's voices was so amazing. He was alert and embraced with an abundance of love from his parents, grandparents, and one of his uncles. Being on this journey and educating myself on embryos, infants, toddlers, and children has helped me gain a different aspect of how much we as adults play apart in our children's lives from the womb to infinity. As always, my goal is to lead with Grace & Love and educate all those in my presence about the infant mortality rates in our communities. The importance of educating our children and families. Is proven to be extremely effective.

In closing I wish you all well in every journey and new beginning you take. Take a moment each day and just cherish the space that you are in and give thanks.

