Here are some ways to keep your kids focused during a COVID school year:

(CNN) – Whether kids are learning from home, or back in the classroom, it’s not a normal school year.

If your student is distracted, help them by:

- Keeping them in a routine
- Getting them to bed at the same time each night
- Planning mealtimes and brain breaks when in virtual learning
- Establishing organizational skills

“Helping your kids to find ways to know what’s coming, so they can expect what’s happening and know what’s going on in their day, is really helpful,” according to Dr. Stephanie Walsh at Children’s Healthcare of Atlanta. She says talking to your kids about how things are going with school can help clear their heads and fuel their focus.

If they’re home, make sure you think about where your child is learning. “Are they sitting in the same space? Are they sitting in the same place they watch television in, because that can also be pretty distracting,” Walsh says. And finally, make time for fun. Give kids something they can look forward to.

“We talk a lot about how contagious COVID is, but laughter is also pretty contagious,” Walsh says. “So if you can start finding the humor in things, finding the kindness in different aspects, and finding some gratitude, that will really help your kid stay focused on what’s going on and with their school work.” Walsh says it’s also important to realize that this is not a normal time for anyone. There will be good days and bad. So, expect them and be flexible.
10 Tips On How To Increase Self Confidence In Teenagers:

Teenage years is when a child is molded into an adult. It is such a sensitive process that only the parents have the tools (such as patience and courage!) to do it. Here are some of the easiest and useful tips on increasing your teenager’s self-confidence.

1. Show Respect:
Do not forget – your teenager is not a child anymore and is a near-adult, and as such, deserves respect just like any other adult.
- When you address your teenager, always show respect. Do not let disdain or contempt show in your tone!
- Always treat their problems and fears with importance. Never shun off your teenager’s fears as a childhood worry.

2. Praise Often:
You must praise your teenager often. Be generous with your compliments.
- When you praise your teenager for something good they did, it boosts their confidence in heaps and bounds. It encourages them to do even better next time.
- Always express yourself and let them know how good and proud you feel to have them as your kid.

3. Avoid Criticism:
Try and avoid criticizing as much as you can. Criticism can be detrimental for your teenager’s self-confidence.
- If you disapprove or dislike something that involves your teen, take time to sit with them and talk it out.
- Teenagers often take criticism as ridicule or shame. At times, when criticism is unavoidable, watch your tone.

4. Encourage Extra Curricular Activities:
Let your teenager follow his hobbies.
- Encourage him to participate in more and more activities. It is important for your teenager to excel at anything he likes and enjoys.
- Extracurricular activities prove to be great opportunities for learning about success, failure, challenges and they add a great deal to your teenager’s confidence.
- These activities build a positive team spirit in your teenager and help him learn about working together towards a common goal.

5. Support Optimistic Friendships:
We know you cannot possibly control, pick and choose the kind of friends your teenager will make. Teach him about respect and acceptance.
- Mutual understanding and respect in any relation is important. Teach him that value is what matters between friends.
- The kind of friends your teenager makes also affects his self-confidence. Teach him ways to differentiate between good and fair weather friends.

6. Looks Do Not Matter:
Most teenagers fall under peer pressure. To them looks matter a lot. They crave to look like models and celebs and inability to do so affects their self-confidence immensely.
- It is important to sit and explain to your teenager that looks do not matter.
- What matters is good manners, hygiene, healthy mind and body.

7. Focus On Strengths:
Teach your teenager that he should focus more on strengths. Never compare your teenager to his peers, friends, siblings and cousins.
- Your teen should realize how different people have different strengths. Comparison creates rivalry.
- Make your teenager understand that his only competition is with himself. And the best way to do even better is to focus on strengths.

8. Teach Them To Be Stronger:
Teach your teenager to build some tolerance level towards teasing or heckling. Teasing affects every teenager’s self-confidence.
- A good rule in life is grin and bears it. Your teenager must learn to tolerate negative emotions to some extent, without losing his cool.
- Your teenager must know that teasing cannot hurt and it should in no way affect his self-confidence.

9. Look For Professional Help:
If your teenager suffers from severe lack of confidence and it is starting to affect his academic and/or social life, you may need help from external sources.
- Initially, you can try for family counseling with your teen’s favorite relatives.
- If the above does not work, it is best to seek professional help, which might uncover the real issue behind this lacking and help your teenager come out of it.

10. Be Your Teenager’s Support:
You probably don’t even realize how small gestures and the little things you say and do in regular life boosts your teenager’s self-confidence. Your teenager must know that you are always there for him, no matter what.
- Your support can act as a catalyst as far as your teenager’s self-confidence is concerned.
- The moment your teenager knows he has someone to rely on, to fall back upon; he can face his life with even more confidence and strength.

Deal with every difficulty politely and positively when it comes to your teenager. Remember, this is just a phase and it shall pass on soon. Teenage issues and angst are a part of your teenager’s growing up process. So be patient and help your teenager.

https://www.momjunction.com/articles/tips-to-increase-self-confidence-in-teenagers_0081604/
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Submit a video audition at snc.edu/music/auditions

50 Things To Do With Your Kids Indoors

1. BUILD A FORT
2. MANICURE/PEDICURE
3. BOARD GAMES
4. TREASURE HUNT
5. BAKE
6. LIGHT BRITE
7. DRESS UP
8. HAVE A DANCE PARTY
9. READ
10. MAKE YOUR OWN PICTURE BOOK
11. PERSONALIZED TREASURE BOXES
12. INDOOR/BACKYARD PICNIC
13. PUZZLES
14. WRITE TO GRANDPARENTS OR A SENIOR CITIZEN
15. DIY KARAOKE
16. MEDITATE
17. “ME” PORTRAITS
18. PLANT A GARDEN
19. HIDE AND GO SEEK
20. START LEARNING A NEW LANGUAGE
21. PARACHUTE!
22. DIY MADLIBS
23. MAKE A LEGO MOVIE PARTY
24. HAVE A FANCY TEA PARTY
25. PAPER AIRPLANE COMPETITION
26. HOPSCOTCH
27. LAVA FLOOR!
28. MAKE YOUR OWN FORTUNE TELLER
29. VIRTUALLY TOUR A NATIONAL PARK
30. GUESSING GAME/I SPY
31. BALLOON VOLLEYBALL/TENNIS
32. PUT ON A PLAY
33. INDOOR OLYMPICS
34. COLORING PAGES
35. CHOREOGRAPH A DANCE
36. CHARADES
37. MAKE FINGER PUPPETS
38. CARD GAMES
39. MAKE FRIENDSHIP BRACELETS
40. WRITE A STORY TOGETHER
41. YOGA FOR KIDS
42. MAKE HOMEMADE (& NONTOXIC) PLAYDOUGH
43. PUT ON A MAGIC SHOW
44. BOWLING WITH CUPS
45. LIST THE THINGS YOU LIKE ABOUT YOURSELF
46. TEACH YOUR PET A NEW TRICK
47. CROSSWORD PUZZLES
48. SHADOW PUPPET SHOW
49. JOURNAL/DRAW WHAT YOU'RE FEELING
50. MAKE A SCHEDULE!