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# Reborn

magazine



10 years  
of trust  
عشرة سنوات من الثقة

# PAGE OF CONTENT



**07**

**WAYS TO WIN  
OVER YOUR  
STUDENTS'  
PARENTS.**

**04**

**10 YEARS OF  
TRUST**

**05**

**WHAT IS  
AUTISM?**

**06**

**SCHOOL  
CALENDAR APRIL  
2018**

**08**

**THE IMPORTANCE  
OF POWERING  
DOWN**



**11**

**SEESAW ... WHAT IS IT... HOW IT WORKS & WHY?**

**12**

**JUICE CARTON CRAFTS**

**13**

**THE 7 RULES OF HANDLING DIFFICULT STUDENTS**

**14**

**EARLY YEARS LEARNERS**

**15**

**7 BENEFITS OF HAVING PLANTS IN YOUR OFFICE**

**16**

**10 KIDS SAFETY RULES**

**18**

**FREE SELF ESTEEM ACTIVITIES**

**20**

**LEARNING DIFFICULTIES**

# 10 years of trust

عشرة سنوات من الثقة

It's so amazing when just a thought or an idea turns into a vision that shapes the lives of thousands of kids and educators along the years.

We would say that a decade is a long time. Few things in our lives or in the world last that long , but delivering remarkable education since day one of **"REBORN"** is considered something that would never fade.

**"REBORN"** vision haven't stopped or changed along these years, on the contrary it just became bigger and keen on delivering that message "we do care , we will make a difference", their mission expanded to build more educational institutions to offer more quality services, from offering different branches to establishing Milestone Nursery for our special students.

It's been 10 years, but there is still a lot to learn and a lot to teach. It still feels like day one. The pace of innovation has increased, and the stakes are higher. We strive to share, adapt, and become the most impactful professionals we can be and that vision was translated through adopting the IB/PYP system. Thank you for creating a space to do that every day. Together, we dig deeper and go farther than would be possible without each other. Let's keep it going and growing for the next ten years.

Indeed it would be appropriate to simply disseminate acknowledgements for everybody present, members, friends, supporters, that community which never stops to amaze us with the tremendous support of building up that beacon reputation that Confirm the inclusion of:

- Values
- High quality teachers
- Modern, quality facilities
- Great community
- Constant communication;
- Great grounds / facilities
- Offers a wide range of learning/subjects options
- Wonderful learning environment

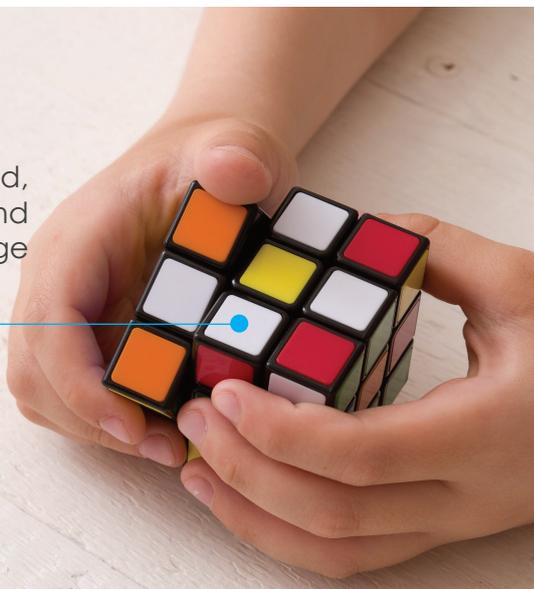
As we look ahead, we know that there is still a great body of work to be done. We are committed to working toward more excellence and class's development in terms of quality of tools, materials and techniques we look for. Members and Friends in collaborative, proactive efforts that help us build that loyal commitment and spirit.

Thank you for the ten remarkable years of warmth, friendship, and support. We absolutely couldn't have done it without you, nor can we take the next steps without your help.

# What is Autism?

It's a mental condition, present from early childhood, characterized by great difficulty in communicating and forming relationships with other people and in using language and abstract concepts.

Autism now affects 1 in 68 children (Boys are 4 times more likely than girls) and chances are growing in the past 20 years. About 40% of children with autism do not speak. About 25%–30% of children with autism have some words at 12 to 18 months of age and then lose them. Others might speak, but not until later in childhood.



## WHAT ARE THE EARLY SIGNS OF AUTISM?

Signs of speech and language difficulties.

Repeats the same words or phrases over and over, often without communicative intent.

Responds to a question by repeating it, rather than answering it.

Uses language incorrectly (grammatical errors, wrong words) or refers to him or herself in the third person.

Has difficulty communicating needs or desires.

Doesn't understand simple directions, statements, or questions.

Children with autism spectrum disorder have difficulty with speech and language. Often, they start talking late.

## SIGNS OF NONVERBAL COMMUNICATION DIFFICULTIES

- Avoids eye contact.
- Uses facial expressions that don't match what he or she is saying.
- Doesn't pick up on other people's facial expressions, tone of voice, and gestures.
- Makes very few gestures (such as pointing). May come across as cold or "robot-like."
- Reacts unusually to sights, smells, textures, and sounds. May be especially sensitive to loud noises.
- Can also be unresponsive to people entering/leaving, as well as efforts by others to attract the child's attention.

## WHAT ARE THE TYPES OF AUTISM?

Autistic Disorder (also called "classic" autism) – Most Common.

Have significant language delays, social and communication challenges, and unusual behaviors and interests.

Many people with autistic disorder also have intellectual disability.

## ASPERGER SYNDROME

Have some milder symptoms of autistic disorder.

They might have social challenges and unusual behaviors and interests. However, they typically do not have problems with language or intellectual disability.

Pervasive Developmental Disorder – Not Otherwise Specified (Also called "atypical autism")

People who meet some of the criteria for autistic disorder or Asperger syndrome, but not all, may be diagnosed with PDD-NOS.

People with PDD-NOS usually have fewer and milder symptoms than those with autistic disorder. The symptoms might cause only social and communication challenges.

# SCHOOL CALENDAR APRIL 2018

## SCHOOL CALENDAR APRIL 2018

- April 5 International Day
- April 8-12 Spring Holiday
- April 22 Earth Day

## WORLD WIDE CALENDAR

- April 1 World April Fools' Day
- April 2 World Autism Awareness Day
- April 2 International Children's Book Day
- April 7 World Health Day
- April 23 English Language Day
- April 28 World Day for Safety and Health at Work



# WAYS TO WIN OVER YOUR STUDENTS' PARENTS.

**W**hen teachers are asked about their biggest communication challenges, parent communication often heads the list. Having positive, productive relationships with your students' parents can become easier when you follow the tips below.

## **GET OFF TO THE RIGHT START**

Make sure you communicate individually with parents during the first few weeks of school. Introduce yourself and ask questions about the parents' goals for his or her child.

## **COMMUNICATE REGULARLY**

Sending home an electronic or paper newsletter on the same day each week helps parents expect and look for communication from you. Ensure that your newsletters contain suggestions of work which parents can do at home with their children.

## **MAKE POSITIVE OUTREACH A PRIORITY**

Send home notes about students, praising good things the child has done, so if a correctional note is needed, you have already established a good line of communication with the parents/guardians.

## **RESPOND PROMPTLY**

The quicker you get back to parents, the better. Help parents know that they are valued members of the educational system by responding quickly and professionally to their concerns.

If you do not have an answer to their question, respond to let them know that you are working on the situation and will let them know as soon as you have a solution.

## **SHOW RESPECT**

Use your most professional language and always proofread notes before sending. You represent your school, so be sure to put your best foot forward.

## **TAKE YOUR TIME**

If an incident occurs at school that requires your communication to a parent, give yourself time to completely describe the incident and be as objective as possible.

## **CONFIDENTIALITY**

Never discuss parent communication with anyone except your supervisor. Just another part of being professional.

Document, If phone calls are used, be sure to keep a log with details of when each call was made and what was discussed.

## **CONFERENCE**

Many parents respond better face-to-face.

If there is an ongoing issue, such as poor behavior in class, scheduling a conference may help you to emphasize the importance of the parents' role in changing the behavior.

## **BE CONFIDENT**

Parents and teachers have the same goal: to give the very best to their student. Outlining your expectations and following up to ensure that they are enforced, is the best way to show parents that you are serious about their child's well-being, as well as, their education.

Joining forces with parents is not challenging, as one may perceive. Keep in mind that you share common goals and expectations. Keep a confident and professional demeanor, and encourage parents to partner with you and the school in order to make their child's learning experience as positive and productive as possible.



**A**t the end of the day, the body naturally winds down with feelings of tiredness and contemplation. As your mind ruminates over the day's lessons and incidences, it leaves you wondering what could have been improved or what should happen next time. Not to mention, all the sound bites you picked up during the day, "We may need to change your class schedule," "You will have 5 new students in your class on Sunday," or "Can you volunteer for a school event next week? We need you."

Thankfully, there are safe, practical ways to 'POWER DOWN' without losing your power.

### **CULTIVATE A 'STILL HOME'**

A 'still home' is orderly, clean, and feels good upon entering. Squabbles with spouses, kids, and nuisances are minimal. A simple act of freshening up the drains with a splash of pine sol or ammonia to clean out residue, trapped smells, and old food, can make all the difference. The smell of fresh pine can awaken the senses and trick the mind into thinking "all is well" and clean with your home. We don't have more than a few hours at night to wind down. Short cuts are okay.

### **KEEP NOISE TO A MINIMUM**

Don't turn on the television for background noise as soon as you walk in the door. Similar to 'stilling' a home, the quietness of the first hour grounds and refocuses your attention on yourself. After work, your mind may keep racing with its demands. Learn to train yourself to alternate between activity and rest.

# THE IMPORTANCE OF POWERING DOWN!



## **READ A FAVORITE BOOK OR EXERCISE**

Distract yourself for at least 30 minutes with a topic or experience unrelated to work. Exercise and reading stop the mental chatter to help you transition to a peaceful night.

## **EAT A SATISFYING MEAL**

Noshing on light snacks and dates may be okay in between classes. However, in the evenings, make eating a fun event with minimal effort. A nourishing slow-cooked lamb stew, a quick shrimp salad with homemade dressing, or an elaborate display of caviar and crackers on your best dinnerware, does wonders for an otherwise tired soul. Choose something that makes you feel one of these three things: richer than you really are, slimmer than you look, or comforted when you feel like you've lost. Write down at least one meal that does this. It will instantly lift your spirits, and transition you out of professional work mode into self-care mode.

## **PREPARE AN EVENING DRINK**

A soothing evening drink can include your favorite tea, herb elixir or tonic, fruit smoothie or a large cup of steaming hot chocolate with marshmallows. Stay away from anything caffeinated.

Choosing a power down method that supports you is crucial to your professional success. A satisfying sense of confidence and relief emerges when you get control over your after-work life, without making it another job.

# MIND YOUR BODY LANGUAGE IN THE CLASSROOM

**E**ffective teachers use body language to communicate with students, build rapport with them, and make them feel safe and supported.

"Face the student with arms uncrossed and relaxed," says Mindy B. (on NEA Today Facebook) "and usually always smiling! Give them eye-to-eye contact, and pay attention to them! By doing this, I'm conveying the message that 'I care!'"

"The ability of a teacher to establish positive rapport with students is a critical aspect of the teacher-learner relationship," explains Ron Benner, a school psychologist in Bridgeport, Connecticut. "The successful teacher blends both verbal and nonverbal communication skills in establishing good rapport with students and this has a direct correlation to student achievement."

Test your understanding of your students and how your body language affects them by standing in the doorway of the room as your students shuffle in.

This close contact sets up a naturally occurring single file line that calms them before they enter the classroom and enables a positive learning environment before they even sit down, according to body language expert Chris Caswell.

From the start, command the classroom. Greet the class with a loud, clear, upbeat voice. If you look frazzled, you seem vulnerable. Lack of confidence is a red flag to students.

## Body Language Dos and Don'ts

Where and how you stand in the classroom speaks volumes, too.

### Stand up straight.

Poor posture—slumped shoulders, stomach sticking out—is not only physically unhealthy, but it can convey a whole range of attitudes and degrees of interest and respect.



### Avoid folding your arms.

standing behind a desk, and using barriers. These behaviors "simply sends the signal that you don't want to make contact," says Caswell. It blocks you off and makes you appear unapproachable. Don't cross your arms or shuffle papers that aren't related to the lesson, and refrain from looking at your watch when a child is speaking.

### Use the whole classroom.

Walk around the students' desks to show interest, and indicate approval with a head nod. Caswell suggests leaning slightly forward & moving momentarily into their territory in a nonthreatening way.

### Be aware of your facial expressions or lack thereof.

They can easily convey any number of moods and attitudes, as well as understanding or confusion.

### Smile.

It conveys happiness and encouragement. Frowns show sadness or anger. Big, open eyes suggest fear. An animated face draws the listener in.

### Make eye contact.

It helps establish rapport and trust, and it shows that you're engaged and listening to the students.

### Adopt different poses

when you want your students to respond in a particular way.

### Your hand on your chin

encourages students to think about the answer and shows you're waiting for their answer.

### Hands out and palms up

shows that you're open to questions and answering in a nonthreatening way.

Observe wait time—don't stare and rush them. Appear relaxed and ready to listen.

Body language helps you get your message across. Let students know that you want to create a supportive, productive learning environment.

# SEESAW ... WHAT IS IT... HOW IT WORKS & WHY?



## DEFINITION

**S**eesaw is a digital student portfolio that gives students an audience for their work! It gives families a window into what's going on every day in their child's classroom.

A digital portfolio that collects students' digital and physical work in one place. Everything is organized.

A space that each student can own. Built-in tools make it easy for teachers to capture the student learning, reflect, and develop new skills.

A parent communication tool\*\* that seamlessly shares what's going on in your classroom and builds a strong school-home community.

**\*\* The communication between the teacher and a parent is not available for the time being.**

## HOW DOES IT WORK?

Teachers add posts to the student journals showcase the creative projects they've been working on in the classroom. This could include photos, artwork, videos, activities, notes, projects.

Families get notified when there are new posts in their student's journal. They can view posts and add likes and comments.

Seesaw requires an invite from your child's teacher in order to sign up. If you do not have an invite QR code or link, contact your child's teacher.

**\*\*It works on :**



## WHY TO IMPLEMENT SEESAW?

- Empower students and teachers to document the learning as it happens.
- Develop student's reflection, skills and critical thinking.
- Develop 21st century skills in safe, moderated environment.
- Creates a strong community around learning by involving families.
- Organize and share digital creations and classroom activities.
- Save time on conferences and newsletter.



# JUICE CARTON CRAFTS: OWL BIRD FEEDER



## JUICE CARTON OWL BIRD FEEDER – MATERIALS:

- A juice carton.
- Enamel paints for the garden.
- Cutter.
- Plastic bottle lids.
- Googly eyes.
- Craft stick/ lolly stick/ stick.
- Hot glue gun or good PVA glue.

## JUICE CARTON OWL BIRD FEEDER – STEPS:

1- We started off by painting the juice carton. We found we needed to coats to make the color nice and even. We used enamel paints (for flower pots etc), as these are waterproof.



Acrylics are water based and won't last as long. Though you could use acrylics and then add a coat of waterproof varnish.

2- Once dry, using your cutter, cut out a "tummy and wings" into the bottom half of your juice or milk carton. I used the tummy, to then cut a beak shape. As to the wings, don't cut them all out, you want to keep the "flaps" attached. This keeps the seeds a little bit more sheltered and gives you those lovely owl wings!

3- Finally, take your juice carton and glue on your bottle top eyes. And done. I later punched a little hole and hung the bird feeder outside.

## HANG AND ENJOY.



# THE 7 RULES OF HANDLING DIFFICULT STUDENTS



## **RULE #1: DON'T QUESTION.**

It's normal for teachers to force explanations from difficult students as a form of accountability. But asking why and demanding a response from them almost always ends in resentment. And angry students who dislike their teacher never improve their classroom behavior.

## **RULE #2: DON'T ARGUE.**

When you argue with difficult students, it puts them on equal footing with you, creating a "your word against theirs" situation. This negates the effects of accountability. It also opens the floodgates: everybody will be arguing with you.

## **RULE #3: DON'T LECTURE, SCOLD, OR YELL.**

Lecturing, scolding, and yelling will cause all students to dislike you, but when you direct your diatribe toward one particular student, it can be especially damaging. Creating friction between you and your most challenging students virtually guarantees that their behavior will worsen.

## **RULE #4: DON'T GIVE FALSE PRAISE.**

Teachers often shower difficult students with praise for doing what is minimally expected. But because these students can look around at their fellow classmates and know that it's a sham, false praise doesn't work. Instead, give only meaningful, heartfelt praise based on true accomplishment.

## **RULE #5: DON'T HOLD A GRUDGE.**

"Every day is a new day" should be your mantra with difficult students. They need to know that they have a clean slate to start each day—and so do you. To that end, say hello, smile, and let them know you're happy to see them first thing every morning.

## **RULE #6: DON'T LOSE YOUR COOL.**

When you let students get under your skin and you lose emotional control, even if it's just a sigh and an eye roll, you become less effective. Your likeability drops. Classroom tension rises. And when difficult students discover they can push your buttons, they'll try as often as they can.

## **RULE #7: DON'T IGNORE MISBEHAVIOR.**

Given that there is an audience of other students, ignoring misbehavior will not make it go away. It will only make it worse. Instead, follow your classroom management plan as it's written. If a difficult student breaks a rule, no matter how trivial, enforce it immediately.



## EARLY YEARS LEARNERS: KNOW THEIR NEEDS & CHARACTERISTICS

### WHAT DO PRESCHOOL KIDS NEED?

It is important for parents to know what their preschooler needs to prepare for kindergarten and the world outside their homes.

When you enroll your little one to a preschool, you need to make sure that it has everything that will help in developing your child socially, intellectually and emotionally.

**Here are some of the things that preschoolers need to adjust in their new environment:**

- Encouragement from parents and teachers to explore and learn.
- A clean and bright preschool environment that makes them feel comfortable the moment they step in.
- A neat and tidy classroom that has every item in an appropriate place that will make it easy for the kids to find what they want.
- Social interaction with large and small groups of other little kids.
- Hands-on experience with toys and other items that teach them something new.
- Toys and games that develop problem solving and manipulative play skills.
- Equal balance of indoor activities and outdoor playtime.
- Learning to develop their intellectual, cognitive and motor skills which will be required as they enter kindergarten.
- Parents and other adults in preschool children's lives need to encourage the little ones to be curious, think on their own and be creative.



## 7 BENEFITS OF HAVING PLANTS IN YOUR OFFICE

As we make the move to green our inner environments and habits, adding houseplants to our home and workspaces is an ever-popular change. Though teachers and school administration seem to be catching on a little less quickly, adding potted plants to our learning spaces can have an incredible, positive effect on students.

### 1. They help to reduce stress

A 2010 study by the new University of Technology, Sydney, found significant reductions in stress among workers when plants were introduced to their workspace. Results included a 37% fall in reported tension and anxiety; a 58% drop in depression or dejection; a 44% decrease in anger and hostility; and a 38% reduction in fatigue.

### 2. They help to increase productivity

Adding just one plant per square meter improves memory retention and helps employees score higher on other basic tests.

### 3. They help to reduce sickness and absence rates

Those whose environments incorporated natural elements reported a 15% higher wellbeing score and a 6% higher productivity score than employees whose offices didn't include such elements.

### 4. They make workspaces more attractive to job applicants

Looking at a snapshot of global working environments, up to one in five people have no natural elements within their workspace, and alarmingly nearly 50% of workers have no natural light. Yet a third of us say that workplace design would affect our decision to join a company.

### 5. They clean the air

While humans need oxygen to survive, plants absorb a gas we don't need – carbon dioxide – and combine it with water and light to produce energy in a process called photosynthesis.

### 6. They help to reduce noise levels

By absorbing sounds (rather than insulating against noise pollution), plants help to reduce the distracting effects of background office chatter. Positioning larger plant pots, in multiple locations in the edges and corners of a room has the great positive benefit.

### 7. They can boost creativity

The 2015 Human Spaces report also found that employees whose offices included natural elements scored 15% higher for creativity than those whose offices didn't include such elements. Looking at nature – and even just images of nature – can shift the brain into a different processing mode, making employees feel more relaxed and better able to concentrate.

### So which plants do best in an office environment?

Not all plants will love to live in your workplace – you need to consider restrictions such as the availability of daylight, and how often they can and will be watered. Those that will thrive in workplaces include succulents (which include aloe and cacti), rubber plants and peace lilies.

# TOP GENERAL SAFETY RULES FOR KIDS AT SCHOOL

## Rule #1 Know Your Name, Number And Address:

Your kid may be small but it is important to teach basic contact details like your and your partner's name and contact number.

Your kid should be able to share your contact number with someone in case of an emergency.

Also, knowing where home is and any nearby landmark is also important.

Help your kid memorize these with regular practice at home.

Also, help your kid memorize a backup number to call, like a grandparent, uncle or aunt.



## Rule #2 Do Not Eat Anything Given By A Stranger:

You need to teach your kid about the dangers of eating food that is given by a stranger.

No matter how tempting the treat is, if it comes from a stranger, your kid should not eat it.

Teach your kid that it is dangerous to accept food from anyone. Ask them to politely refuse in case someone is offering food without your consent or in your absence.

## Rule #3 Do Not Climb The Fence:

Your kid may be playing ball and suddenly it bounces off to a space inside a fence.

Teach your kid never to try and retrieve something by climbing through a fence.

If something like this happens, your kid should ask the help of a grown up, but never go near a fence.

## Rule #4 Do Not Walk Off The Yard Alone:

Similar to the point above, your kid should know that it is not permissible to walk out of your yard alone.

If your kid needs to go out for anything, you or some known adult should be accompanying your kid at all times.

## Rule #5 Never Go Anywhere With A Stranger:

Your kid should know that no matter what the reasoning, it is not safe to go anywhere with a stranger.

Tell your kid that if a stranger tells them something like 'Your mom asked you to come with me immediately,' they should stay where they are and shout out for help.

Ensure that if there is an emergency, you will always send a family member, like grandparent or aunt, to be with your kid and not a stranger.

### **Rule #6 No One Is Allowed To Touch Your Kid's Body:**

This is a very important safety rule for kids and you should teach about it as soon as your kid can understand the basics.

Teach about good touch and bad touch.

Tell your kid that no one is allowed to touch your kid except mommy, and sometimes papa, if needed.

If anyone else has touched your kid, your kid should immediately shout for help and alert people around.

### **Rule #7 If You Get Lost, Stay Where You Are:**

In the event that your kid gets lost, tell them it is important they stay right where they are.

If they see any other mom with kids nearby, they can ask her for help.

Your kid should stay inside the place and not go out, even with the other mom.

Most common places where kids get lost are the super markets.

Tell your kid that they can walk up to the counter of the store and tell the person they are lost.

### **Rule #8 Do Not Share Address And Phone Details With Anyone (Except Emergency Situations As In Point 1):**

Your kid should know that it is unsafe to share personal details like phone numbers, address, email ids or pictures with strangers.

Any information that is shared should only be with your consent or in your presence.

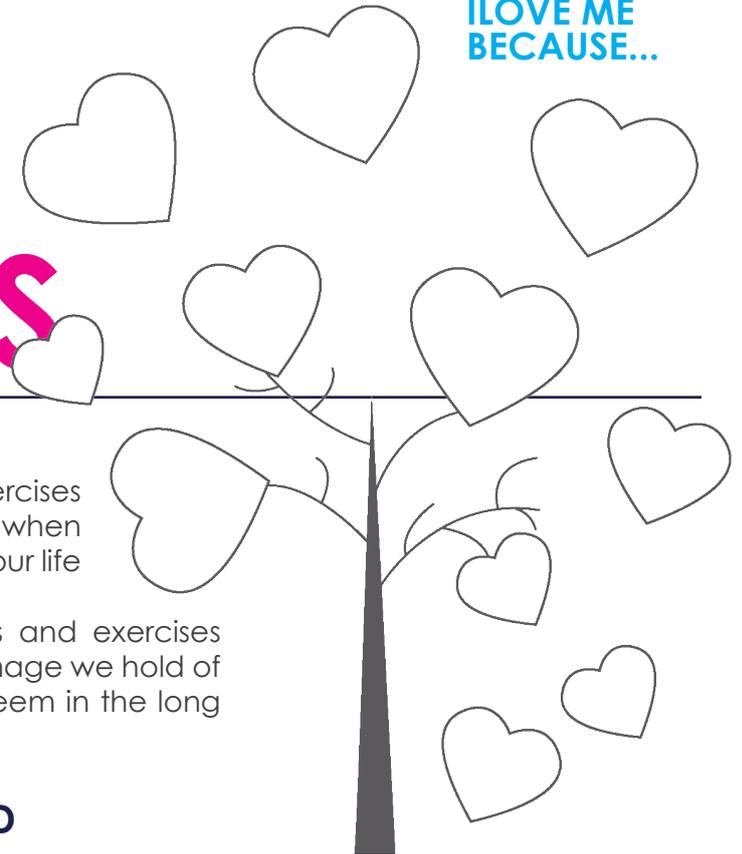
It is important that you teach your kid about these basic safety rules for kids as soon as they are able to understand.

There are certain things that you can start teaching your kid as early as three years of age. Make sure you speak to your kid in an age-appropriate language. Also, always keep communication open. This will encourage your kid to tell you everything.



# FREE SELF ESTEEM ACTIVITIES

I LOVE ME BECAUSE...



**T**here are plenty of self esteem activities and exercises that can help us improve our sense of self worth, when signs of low self esteem prevent us from enjoying our life to the fullest.

Working on even one or two of such activities and exercises regularly and consistently, can improve the self image we hold of ourselves, and that does wonders to our self esteem in the long run.

## DO THESE ACTIVITIES REGULARLY AND CONSISTENTLY

Below are few ideas for free self esteem activities, or those that require relatively little monetary investment.

### 1. Prepare A List Of Your Positives

Prepare a handy list of your positives - positive traits, accomplishments, skills or feedback - whatever it is that you are most proud of. Positive lists are covered in greater detail in the self esteem worksheets section.

Read the list to yourself everyday, first thing in the morning. Don't just read it - but visualize and spend a couple of seconds on each item in the list, savoring the pride that you may feel.

### 2. Pursue Achievable Goals

Set achievable personal goals - on a daily, weekly or monthly basis - and work on meeting those goals in the allotted time. These goals shouldn't be too easy that they don't challenge you at all. At the same time, neither should they be so difficult that you can't meet them in your set time.

Tracking the progress of your success on each goal, can help you stay motivated towards working on other goals.

### 3. Do The Things You Enjoy Doing

Spend time doing things for yourself that you enjoy doing, or those that you are good at doing, at least few times a week.

Tasks that require using some of our physical and intellectual skills - like gardening, cooking or getting organized - give us a sense of pride and satisfaction in working and completing them, and that does its bit in giving a good lift to our sense of self worth and self esteem.

### 4. Learn New Skills

The world is full of new things that we can learn everyday, and the feeling of accomplishment that accompanies successful learning of a new skill, is unmatched in terms of the boost it gives to our sense of self worth.

A new language or computer software, a new skill like carpentry or knitting, or a new ability like say, driving a manual transmission car - are few examples.

### **5. Reward Yourself**

Every now and then, make it a habit of rewarding yourself - guilt free - for a good deed you have done, or for achieving a goal you have set for yourself, or for learning a new skill or task.

### **6. Volunteer To Help Others**

Volunteering your time for charitable causes, or working without pay for a local non-profit organization, is one free self esteem activity that can provide us an immense amount of joy and fulfillment

### **7. Spend Time With Positive People**

Make it a point to spend time regularly with people who have a positive outlook in life, and those that value you for who you are.

Spending time with people who you know genuinely like you and care about you, nourishes and nurtures your own image you hold of yourselves, and that is invaluable in perking up your self esteem.

The converse of this is to avoid those that you know to be typically mean, and seem to get their kicks in putting you down.

### **8. Get into regular exercise regimen**

And last but not the least, physical exercises are great way to feel better about ourselves, and improve our self image.

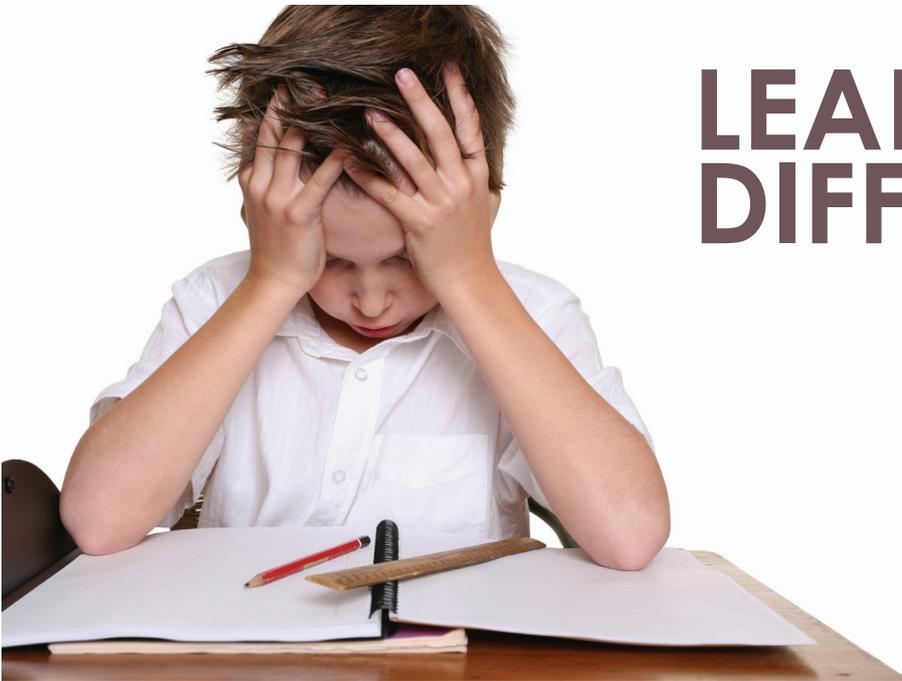
For one, our physique will improve which is a good reason to feel good about ourselves; but additionally, there is something about sweating it out, that in itself improves our sense of accomplishment and self worth.

Exercise is one free self esteem activity that has other side benefits - it is one of the recommended ways to deal with stress, and improving memory.

A regular regimen of some simple things like weights, push ups, aerobics or simple running can be done at home or maybe a nearby park, without necessarily joining an expensive gym.

**REMEMBER..**  
**YOU ARE GREAT JUST THE WAY YOU ARE**

# LEARNING (1) DIFFICULTIES



## DYSLEXIA

### **Affects reading and related language-based processing skills ●**

The severity of this specific learning disability can differ in each individual but can affect reading fluency, decoding, reading comprehension, recall, writing, spelling, and sometimes speech and can exist along with other related disorders. Dyslexia is sometimes referred to as a Language-Based Learning Disability.

### **Signs and Symptoms**

- Reads slowly and painfully.
- Experiences decoding errors, especially with the order of letters.
- Shows wide disparity between listening comprehension and reading comprehension of some text.
- Has trouble with spelling.
- May have difficulty with handwriting.
- Exhibits difficulty recalling known words.
- Has difficulty with written language.
- May experience difficulty with math computations.
- Decoding real words is better than nonsense words.
- Substitutes one small sight word for another: a, I, he, the, there, was.

### **Strategies**

- Provide a quiet area for activities like reading, answering comprehension questions.
- Use books on tape.
- Use books with large print and big spaces between lines.
- Provide a copy of lecture notes.
- Don't count spelling on history, science or other similar tests.
- Allow alternative forms for book reports.
- Allow the use of a laptop or other computer for in-class essays.
- Use multi-sensory teaching methods.
- Teach students to use logic rather than rote memory
- Present material in small units

# ADHD

- Affects focus, attention and behavior and can make learning challenging
- A disorder that includes difficulty staying focused and paying attention, difficulty controlling behavior and hyperactivity. Although ADHD is not considered a learning disability, research indicates that from 30-50 percent of children with ADHD also have a specific learning disability, and that the two conditions can interact to make learning extremely challenging.
- Attention Deficit Hyperactivity Disorder is a condition that becomes apparent in some children in the preschool and early school years. It is hard for these children to control their behavior and/or pay attention. It is estimated that between 3 and 5 percent of children have attention deficit hyperactivity disorder (ADHD), or approximately 2 million children in the United States. This means that in a classroom of 24 to 30 children, it is likely that at least one will have ADHD.
- ADHD is not considered to be a learning disability. It can be determined to be a disability under the Individuals with Disabilities Education Act (IDEA), making a student eligible to receive special education services. However, ADHD falls under the category "Other Health Impaired" and not under "Specific Learning Disabilities."
- Many children with ADHD "approximately 20 to 30 percent" also have a specific learning disability.
- The principle characteristics of ADHD are inattention, hyperactivity, and impulsive. There are three sub-types of ADHD recognized by professionals. These are the predominantly hyperactive/impulsive type (that does not show significant inattention); The predominantly inattentive type (that does not show significant hyperactive-impulsive behavior) sometimes called ADD; and the combined type (that displays both inattentive and hyperactive-impulsive symptoms).
- Other disorders that sometimes accompany ADHD are Tourette Syndrome (affecting a very small proportion of people with ADHD); oppositional defiant disorder (affecting as many as one-third to one-half of all children with ADHD); conduct disorder (about 20 to 40% of ADHD children); anxiety and depression; and bipolar disorder.

**Notes: these criteria are based on learning disabilities association of America**

