

Dear Families,

**Are you schooling at home to prevent the spread of COVID-19?** Sanford Programs understands that teachers, families, and our communities are concerned about the impact of the pandemic as we anticipate weeks away from our regular home and school routines. We recognize being asked to teach your children at home creates unique challenges and opportunities for the weeks ahead, and we are here to support you. We've also provided your child(ren)'s teachers and school leaders with resources to help you through this transition.

To make this time as easy as possible for your family, Sanford Programs is pleased to provide our Harmony at Home toolkit to ensure that children continue to have high-quality learning experiences outside the classroom. Harmony at Home provides a variety of lessons, activities, and resources from our Sanford Harmony and Sanford Inspire programs to help you navigate the social and emotional needs of children during this difficult time.

We encourage families to establish Harmony Goals and use Meet Up and Buddy Up activities, and we will show you how. Harmony at Home includes easy instructions and meaningful opportunities for your family to connect, express feelings, and solve problems together.

We also have included a list of recommendations of short video modules (30-60 minutes) through our Sanford Inspire program as a helpful resource for parents, guardians, and educators. You may find [Teaching Students Empathy](#) beneficial to have strategies on how to model, establish, and nurture empathy in these early days of dealing with the spread of COVID-19. Additional Inspire and Harmony modules will be recommended in the weeks to come, and instructions for accessing modules are included in the toolkit.

We hope that you and your child(ren) stay safe and healthy and we wish you strength, wisdom, and resilience as we face this global challenge together.

**Best wishes from all of us at Sanford Programs.**