

August 2025 Newsletter

LearningMadeFunWithMaestraCasiano.com is not just an online store ... it is a dynamic learning hub for kids of all ages!

At the Learning Made Fun With Maestra Casiano Online Store & Learning Hub, you can find many fun-tastic opportunities for family learning & bonding such as:

- Kid-friendly recipes
- Holiday resources
- Multicultural resources
- Printable activities
- Story read-alouds
- STEAM projects
- Videos & music
- Book lists
- Arts & crafts
- Daily activities for bonding
- Family night suggestions
- Engaging learning activities



Find many high interest, interactive & engaging books for children of all ages at the Learning Made Fun with Maestra Casiano's Online Store & Learning Hub







Learning Made Fun with Maestra Casiano's Online Store & Learning Hub is your best source for innovative & exciting resources to promote learning engagement!

Discover *fun*-tastic games, puzzles, educational toys, family activity sets, printables, apparel, plush toys, selfcare tools, STEM sets, craft kits, collectibles, novelty gifts, outdoor games, blankets & more!







SHOP BACK TO SCHOOL ESSENTIALS

- Backpacks
- Notebooks
- Art Supplies
- Pencils
- Lunch Boxes & Bags
- Kindergarten Keepsakes
- First Day of School Boards
- Novelty Socks & Apparel
- Reference Guides
- Books of All Kinds
- Daily Planner
- Organizational Tools

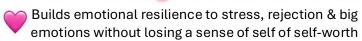
TIP #15 Value & Support the Need to Self-Connect

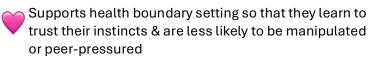
In addition to providing children with external tools & guidance, kids need to recognize & develop an appreciation of the need for self-connection. Self-connection is the ability to tune into one's own emotions, needs, thoughts and 'inner voice.' It is considered a nurtured skillset or value which is often downplayed or society, undervalued by individuals & neglected by parents. However, it is arguably the most important skill in fostering a mindset & purpose for succeeding in life.

Self-connection is a form of mindfulness. As babies, there is a need for self-discovery & self-actualization which serve as precursors to healthy intrapersonal wellness & interpersonal relationship building. Self-connection is often diminished through simple phrases such as "You're okay" or "It's not a big deal." As a result, children are inadvertently being told that the role of their emotions & feelings is not important.

All people need to feel that their feelings, emotions, thoughts & perspectives are valid. A sense of validity is key to developing values & strengths which promote social-emotional wellness. When kids demonstrate self-connection, there are many benefits. Self-connected kids have a more secure sense of self, develop emotional resilience, build confidence to try new things, feel empowered to overcome challenges, feel safe to explore different ideas & are more likely to demonstrate empathy.

Benefits of Fostering Self-Connection for Kids:





Fosters authentic confidence which comes from knowing who they are & of feeling safe to be that person, even in challenging times

Promotes positive mental health by strengthening a sense of self that helps them resist the urge to seek validation in harmful places while buffering against the negative effects of anxious feelings & self-doubt

Visit Maestra Casiano's
Self- Care & Wellness
page & the Mindful Parenting
page for resources to develop &
promote Self-Connection,
executive functioning & socialemotional well-being







Learning Made Fun With Maestra Casiano.com

is the **one stop shop** for engaging learning materials; fun, family activities; interactive books; novelty gift ideas & **FUN**-tastic resources for curious minds of all ages!

