

Social And Emotional Learning and Resources
from Ray's Counseling Department

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Table of Contents

1. Resources for Talking to Kids About Coronavirus
2. Resources for Care-Takers
2. Social-Emotional Learning Resources
3. Online Learning/Enrichment Resources
4. Mental Health Crisis Resources

Hello Ray Warriors!

First of all, I want to thank everyone for their patience and cooperation during this very, for a lack of better words, *weird* time. I know for myself, I needed a few days to fully process what is going on around me. Information is coming in so quickly, and things are changing daily. It can seem hectic, and unsettling. The most troublesome thing about this is the anticipation and what feels like a lack of information. Just know that we are all in this together, and here at Ray, we want to make sure you know that! We love your students, and are thinking about them while we social distance ourselves.

Know that your students care about you too! I have received emails from students who say they are doing fine, and they are happy to have a break from school (imagine that, a 12 year old happy we are missing school)! When I ask most of them to describe how their household members are feeling, they have all said they think their family members are stressed, but overall calm. In the first section of this packet, you will find some tips and ideas on how to talk to your students about the virus, and the implications of the virus-related closures, and pauses in our normal life. After that, you will find resources for caretakers! You need to process all these emotions in order to help your littles process too.

This is an uncharted adventure we are on, and our kids are on it too! My challenge to you all is to wake up every day, take 5 minutes to stretch, splash some water on your face, hug your kids, and breathe. One of our most

important jobs in the next few weeks is to simply take care of ourselves, and those around us.

I will be having "office hours" from 11-3 every day for immediate response on Google Hangouts, for students. I am always available via email. I also have access to my office voicemail, so if you wanted to call and leave a message, I will call you back within 24 hours. The number is below. Also, all resources will be posted in two spots: my 5th-8th grade google classroom, and on my blog. I am here for you, please do not be afraid to ask for help.

We are in this together, Warriors!

Loyally,

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5-8 grade students: Go to classroom.google.com, click the plus sign at the top, and type in this code: 2akpsvz to join the class. *Must use CPS provided email to join*

How to talk to your students about COVID-19

Talking to Children About COVID-19

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

PBS Kids: How to Talk to Your Kids About Coronavirus

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbbPnE_L6Omv30#.XmqzisKG7LA.facebook

Just for Kids: A Comic Exploring the New Coronavirus from NPR

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

Brain Pop Video About the Coronavirus

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

ASCA Coronavirus Resources

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

How to Talk to Kids About the Coronavirus

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

Resources to Help You Talk to Your Kids About COVID-19

<https://blackwellcounselors.weebly.com/>

The Yucky Bug by Julia Cook

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

How to talk to children about the coronavirus

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111?fbclid=IwAR0k7jg43TBq3QPr4ibaaxuicvY-ndSVkH9AxSBDxJJ>

[GIEOZilanMegzbZw](#)

Parenting in the time of Corona: Elementary School Children

https://www.linkedin.com/pulse/parenting-time-corona-elementary-school-children-pinshow-navon-phd/?trk=related_article_Parenting%20in%20the%20time%20of%20Corona%3A%20Elementary%20School%20Children_article-card_title

Coping With Stress During Infectious Disease Outbreaks

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Just For Kids: A Comic Exploring The New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Resources for Caretakers

10 Strategies for Surviving When Working from Home

<https://mmelayman.com/2020/02/07/10-strategies-for-surviving-when-working-from-home/>

The Dos and Don'ts of 'Social Distancing'

<https://www.theatlantic.com/family/archive/2020/03/coronavirus-what-does-social-distancing-mean/607927/>

Care for Caregivers: Tips for Families and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>

General tips:

1. Stay Positive: Remember to keep calm. If you show anxiety or fear, your child will pick up on this and also feel nervous and afraid. Changes to the environment and routines can create unease. Check-in on how your child is feeling and acknowledge and address their worries rather than ignore them.
2. Stick to the Facts: It is important to have thoughtful conversations regarding the coronavirus to distill anxiety, worry or fear. Consider your child's age, processing, and emotions to determine how to frame these conversations to ensure your child understands. Discuss that not everything they hear or see is real. It can also be comforting to be reminded that doctors around the world are looking for ways to address the coronavirus and highlight positive news as well.

3. Consider Media Consumption: When looking online, consider the source and fact-check to prevent fake news, and think before you share. Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle. Limit how much news your child overhears, as it could become overwhelming to them.

4. Eliminate Stigma: It is important to be aware of how the coronavirus is explained to your children to avoid any person/group being blamed. Also to communicate that if someone has a fever or cough does not mean this person has the coronavirus.

5. Boost Your Coping Strategies: When anyone faces change or uncertainty this can create some levels of worry or anxiety. It is important to use positive coping strategies to manage those emotions. Coping strategies can include: positive self-talk, singing, dancing, reading, drawing, music, Movies, create a gratitude list, meditation, yoga, coloring, exercise, cooking/baking, talking to a friend or family member, or doing other activities that are fun or give you joy and make you feel good.

Additionally, please take care of yourselves, as caregivers!

Social and Emotional Learning Resources

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/3>

GoNoodle

<https://app.gonoodle.com/login>

Videos for Sleep, Meditation and Relaxation

<https://app.www.calm.com/meditate>

Progressive Muscle Relaxation for Kids

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Student Self-Care Tips For Virtual Learning

https://lookaside.fbsbx.com/file/Student%20Self-Care%20Tips%20for%20Virtual%20Learning.pdf?token=AWwmdbk4Gs5eaycT1fe_GP-4bOP2WamCTrU99GUI5dXBdQkWTRsVW8iB_p7FLJouYEn_-uYILpTPEPepIqXGgtsTRBXSbTCw-oFVt9NC7n0oml2Erp9juOqP6WnwH5LBhNDZjlr6LD9Z3Y7YRHhopWOCWqsRhy7UoIFqxXSu4VDA

Financial Literacy (7-8 grade already have accounts, let me know if they need their passwords reset)

<https://Everfi.com> code for new students: 555b9dfd

Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons

<https://wedolisten.org/>

Giant List of Ideas for Being Home with Kids

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehHHSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

Character Lessons During the Virus School Closure

https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZilyk-M

Explore Brain Pop Videos and Activities

<https://jr.brainpop.com/health/>

Coping Skills Resources

https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html

Elementary & Middle Growth Mindset Work

<https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities>

25 Fun Mindfulness Activities for Children and Teens (+Tips!)

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

How to make slime (cause your kids LOVE slime)

<https://www.thirtyhandmadedays.com/slime-kit/>

Online Learning/Enrichment Resources

Education Companies Offering Free Subscriptions Due to School Closings:

Amazing Educational Resources

<http://www.amazingeducationalresources.com/>

Free Personalized Learning Resource

<https://www.khanacademy.org/>

Free Online Learning Resources for Teaching Your Students Virtually

https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary

Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

Kahoot! Offers Free Distance Learning Tools During the Coronavirus Outbreak

<https://kahoot.com/coronavirus-remote-offer/>

30 Things Kids can do for Social/Emotional Health

<u>Practice a deep breathing technique</u>	<u>Make a list of all the feelings you can think of.</u>	<u>Play emotion charades. Can your family guess your feeling?</u>	<u>Write a letter to someone to let them know you appreciate them.</u>	<u>Do your chores without being asked.</u>
<u>Make a poster about KINDNESS and bring it to school when we return.</u>	<u>Make a list of 10 ways to show respect at school.</u>	<u>Explain to an adult what empathy means.</u>	<u>Go outside and count how many things are red.</u>	<u>Make a list of 30 things you are grateful for.</u>
<u>Practice yoga poses for 5-10 minutes.</u>	<u>Talk to someone about the Second Step Calm Down Steps</u>	<u>Make a list of 25 things you love.</u>	<u>Write or draw what it means to be a good friend.</u>	<u>Make a list of all the ways you showed kindness this week.</u>
<u>Write about your hero.</u>	<u>Talk to an adult about your favorite place.</u>	<u>Write a note to someone you miss.</u>	<u>Practice mindful listening by sitting still and silent for one minute. What sounds did you hear?</u>	<u>Name 3 ways you can calm down when you are feeling stressed.</u>
<u>Make a card for someone you love</u>	<u>Draw a picture of your future self. What is your career?</u>	<u>Make a list of things that are important to you.</u>	<u>Read a book. What feelings did you notice as you read?</u>	<u>Ask an adult about their career.</u>
<u>Try to name 10 different colleges.</u>	<u>Name 3 things you love doing and 1 thing you want to try.</u>	<u>Name 3 things you can do to be helpful in your community.</u>	<u>Play a game with someone.</u>	<u>Name 5 things you love about yourself.</u>

Mental Health Resources and Emergency Services Information
(National and Local Crisis Resources)

Chicago Department of Health, Bureau of Mental Health

https://www.chicago.gov/city/en/depts/cdph/supp_info/behavioral-health/mental_health_centers.html

Mental Health Association of Greater Chicagoland

<https://www.mhagcusa.org/index.php>

National Suicide Prevention Hotline (1-800-273-TALK)

<https://suicidepreventionlifeline.org/>

Crisis Text

Text NEEDHELP to 85511

Screening, Assessments and Support Services, SASS

<http://www.dhs.state.il.us/page.aspx?item=92597>

I am also available to talk to your students via email, Google Hangouts, or if you call and leave a message, I can call back if your student is in crisis. Thank you!

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