

Counseling Resource Packet

March 17, 2020

As parents, you know your child best! Please preview these materials before sharing any with your child to be sure that they are a good fit for your child and family.

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

Resources for Talking to Kids About Coronavirus:

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_2rzqWcelOdFpM](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_2rzqWcelOdFpM)

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>

Social-Emotional Learning Resources

Active Screen Time Resource

<https://www.gonoodle.com/for-families/>

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+

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

https://wufshanti.com/?fbclid=IwAR0nHjptCysa82HXPCxTNQMDjgO5kAHHjnimpuPLYUksboyFLq_uYMHlQ8

Wellness and Relaxation Apps for Cell Phones and/or Tablets

<https://www.headspace.com/headspace-meditation-app>

<https://insighttimer.com/>

<https://www.smilingmind.com.au/>

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

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

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.commonsemmedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Videos for Sleep, Meditation and Relaxation

[Calm](#)

Progressive Muscle Relaxation for Kids

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

Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8

<https://www.vaview.vt.edu/>

Interactive Tool for Job Seekers and Students to Learn More About Their Career Options

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

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

<https://wedolisten.org/>

Mindfulness Websites/Activities

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

Giant List of Ideas for Being Home with Kids

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

Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgl5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

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

Daily SEL Challenge

Create a calming corner or spot in your house with your favorite things.



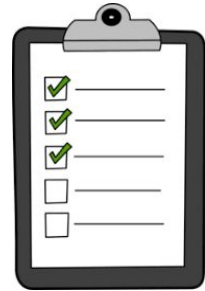
Write a journal entry about how you are feeling today.



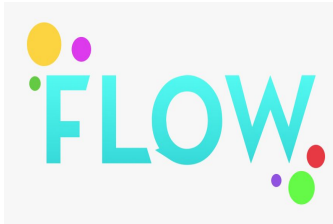
Self-love and self-compassion are important! List 5 ways you can be kind to yourself.



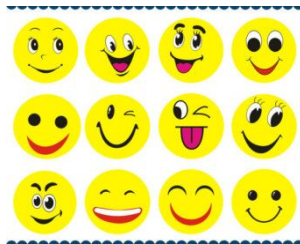
Make a list of 15 kind things you can do for others.



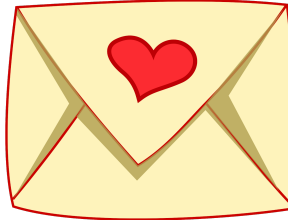
Do a mindfulness activity on GoNoodle Flow.



Do something kind for someone. Write about how it made them (and you) feel.



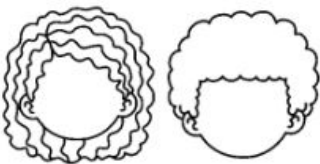
Write a kind note or letter to someone else. Take a picture of it or send an email.



Teach your family about the Zones of Regulation. You can even create your own check-in.



Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.



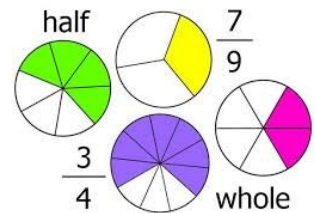
Email a teacher and thank them for all of their hard work.



Spend time with a family member by watching a movie, playing a game or taking a walk together.



Teach a friend or family member a skill or strategy you've learned.





Things Cubbies can do for



Emotional Health

Practice a deep breathing technique. 1	Make a list of all the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice your yoga poses for 5-10 minutes. 11	Tell someone about 3 Positivity Project character traits. 12
Make a list of 25 things you love. 13	Write or draw what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down if you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

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/>

FUN AND FREE WAYS TO LEARN FROM HOME

<h3 style="margin: 0;">MATH:</h3> <div style="display: flex; justify-content: space-between; align-items: center;"> <div> <p>Prodigy play.prodigygame.com</p> <p>Khan Academy www.khanacademy.org</p> </div> <div>   </div> </div>	<h3 style="margin: 0;">READING:</h3> <div style="display: flex; justify-content: space-between; align-items: center;"> <div> <p>Squiggle Park www.squigglepark.com</p> <p>Storyline www.storylineonline.net/</p> </div> <div>   </div> </div>
<h3 style="margin: 0;">SCIENCE:</h3> <div style="display: flex; justify-content: space-between; align-items: center;"> <div> <p>Mystery Doug mysterydoug.com</p> <p>National Geographic kids.nationalgeographic.com</p> </div> <div>   </div> </div>	<div style="text-align: center;">  </div>
<h3 style="margin: 0;">WRITING:</h3> <div style="display: flex; justify-content: space-between; align-items: center;"> <div> <p>Typing Club www.typingclub.com</p> </div> <div>  </div> </div>	<h3 style="margin: 0;">SOCIAL STUDIES:</h3> <div style="display: flex; justify-content: space-between; align-items: center;"> <div> <p>History for Kids www.historyforkids.net</p> </div> <div>  </div> </div>

THAT FUN TEACHER

Mental Health Resources

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



<http://www.neighborhoodctr.org/services/mobile-crisis-assessment-team/>



<https://www.ocgov.net/oneida/sites/default/files/mentalhealth/CrisisServices/SuicidePrevention.png>

CRISIS TEXT LINE |

<https://www.ocgov.net/oneida/sites/default/files/mentalhealth/CrisisServices/CrisisTextLine.png>