



BMS Counseling Links and Activities

*****This document will continue to be updated.*****

Mrs. Kranning (Students with the last name A-K) can be contacted via the Remind app at the following link:

<https://www.remind.com/join/jkrann>

Students, use this google form as often as you would like to check in with the counselors, Mr.Hadley and I. We would love to hear from you! Sign in with your school email for access.

https://docs.google.com/forms/d/e/1FAIpQLSdi2rLZJ7sh61NSxGNFTobdE689HysaNRuCpz6t0alirjRAFW/viewform?usp=sf_link

YouTube Video Update link:

<https://youtu.be/cvx0Bvki6uw> 3-16-20

<https://youtu.be/K1zo8GvG988> 3-17-20

<https://youtu.be/GduvYAgG9r8> 3-18-20

<https://youtu.be/ci1AY6CgaU0> 3-19-20

<https://youtu.be/IWkj4Xj1V6A> 3-20-20

<https://youtu.be/g-PT92EWdlc> 3-24-20

<https://youtu.be/gkUEAvxSZmY> 3-25-20

<https://youtu.be/l11iRa1lwLs> 3-26-20

<https://youtu.be/GRcbSPHmk4o> 3-31-20

<https://youtu.be/pSbdxEuPLbQ> 4-3-20

<https://youtu.be/yHPFoDY3ZPA> 4-6-20

*****I may do a weekly update from home with fun tips for stress relief, homework help, or just something to make you laugh. Stay tuned!**

The websites and information below can be used while school is out. There are various links for mental health, talking to students about Coronavirus, homework help, career exploration, and much more. I will be updating this list as I find new material.

This is a new situation for us all. Together, we will be just fine. Enjoy the time with your family and as always, keep learning and dreaming. 😊 I put the newest material at the top of this document.

Attention teachers and students. We are uploading full films, starting with JAZZ and THE ROOSEVELTS to PBS Learning Media. THE CIVIL WAR, THE WAR and DUST BOWL coming this month. Visit Ken Burns in the Classroom:

<https://www.pbslearningmedia.org/collection/kenburnsclassroom/home/>

Junior Achievement has provided free resources for middle school students to explore careers digitally. Create an account and explore.

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

Free Disney class offered by Khan Academy!

<https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box>

More resources for Students in K-8

<https://www.fredrogerscenter.org/what-we-do/child-wellness/coronavirus-response?fbclid=IwAR0gvwMLdrgVdQfhSIP7uClSbp3Qyt0LGGpTH3nKetX4ishpZb7V4sNB8as>

Support for helpers during Coronavirus.

How to Explain the Coronavirus-19 to Children

Explaining the Coronavirus-19 to children can be challenging. Please use these resources to help you explain this complicated concept to children.

Videos:

- [Julia Cook reads The Yucky Bug \(K-2 grade\)](#)
- [Vimeo \(2-6 grade\)](#)
- [Brain Pop Video](#)
- [Just for Kids: Comic Exploring the New Coronavirus from NPR](#)
- [How to Talk to Your Kid about Coronavirus](#)

Documents:

- [Coronavirus-19 Social Story](#)

- [Yucky Bug PowerPoint](#)
- [A Story to Help Children Understand Coronavirus](#) from Music City Counselor
- [Coronavirus Talksheet](#) from Counselor Keri
- [PBS How to Talk to your Kid about Coronavirus](#)
- [Talking to Your Child About COVID-19: A Parent Resource](#)

Resources from the IDOE:

<https://www.doe.in.gov/elearning/2020-covid-19-remote-learning>

Online 4-H for at home

<https://4-h.org/about/blog/inspire-kids-to-do-at-home-space-gardening-music/>

Socio-Emotional Activities

Many counselors around the country have been sharing resources for families to help with Social-Emotional Learning. The resources below are options to help. Please click on them as fun activities to help during this challenging time.

- [SEL Scavenger Hunt](#)
- [25 At Home Socio-Emotional Activities](#)
- [Centervention Website](#)
- [30 Things Kids Can Do](#)
- [School Closure Wellness Activities](#)
- [SEL for K-2 \(PowerPoint\)](#) - Counseling with Ms. Ramirez
- [SEL for 3-5 \(PowerPoint\)](#) - Counseling with Ms. Ramirez
- [Howard B. Wigglebottom Books, Animated Books, Songs, Posters, and Lessons](#)
- [Giant List of Ideas for Being Home with Your Kids](#)
- [Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic](#)
- [BrainPop Videos and Activities](#)
- [10 Days of Live 'Choose Love' Lessons For Parents and Children](#)
- [Kindness Videos](#)

Heads up for Students from Scholastic

<http://headsup.scholastic.com/>

Calming Activities

- [Calm My Worry](#)
- [Coloring Pages](#)
- [Action for Happiness Coloring Posters](#)
- [Grounding Techniques Instructions](#)
- [Keys to Resiliency](#)
- [Coronavirus Stress Activities](#) - from Bright Futures Counseling
- [Mindfulness Choice Board](#) - Free Download on Teachers Pay Teachers from Mindful Counselor Molly
- [Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](#)
- [Videos for Sleep, Meditation, and Relaxation](#)

- [Progressive Muscle Relaxation for Kids](#)
- [Coping Skills Resources](#)
- [Mini Meditation](#)
- [Down Dog App \(Yoga\)](#) - Free til April 1
- [Feeling Anxious or Worried? Listen to These 8 Podcasts](#)
- [Apps, Games, Websites](#)
- [Device Free Dinner](#)

Mental Health First Aid

- [Self-Care/Mental Health \(Covid-19\)](#)
- [Love in a Time of Corona: A Homebound Self-Care Guide for Parents and Students](#) - from School Counselor Stephanie
- [ASCA Coronavirus Resources](#)
- [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [5 Ways to Help Teens Manage Anxiety about the Coronavirus](#)
- [Stress/Worry](#)

Schedule Ideas

- [Parent Academy K-2 Schedule](#)
- [COVID 19 Daily Schedule](#) - From Amy on Instagram

Activities to do at Home

- [GoNoodle](#)
- [BrainPOP](#)
- [Time for Kids](#) (K-6)
- [PBS Kids](#)
- [Ideas for Activities During School Closings](#)
- [Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch](#) (Video)
- [ByrdseedTV](#) (Educational Videos)
- [Reading Eggs](#)
- [Epic! Digital Book Library](#) (for kids 12 and under) (there is a cost - \$7.99/month)
- [Storyline](#) - Streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations
- [Best Music Apps and Games for Kids](#)
- [New Kids' TV Shows](#)
- [50 Books All Kids Should Read Before They're 12](#)
- [Best Family Movies](#)
- [Common Sense Selections highlighting the best movies and TV shows](#)
- [Sibling Watch-Together TV](#)
- [Best Documentaries for Kids and Families](#)
- [Common Sense Media \(reviews for what your kids want to watch before they watch it\)](#)

- Write notes, letters, draw pictures to send or drop off at local nursing homes - the elderly in nursing homes aren't allowed to have visitors right now and it will brighten their day!
- [Scratch Jr.](#) - Coding is the new literacy! With ScratchJr, young children (ages 5-7) can program their own interactive stories and games. In the process, they learn to solve problems, design projects, and express themselves creatively on the computer
- [Code.org](#) - Learn computer science
- [Kodable](#) - Programming for kids
- [Hello Ruby](#) - Hello Ruby is the world's most whimsical way to learn about computers, technology and programming. The story started with a book, and now Ruby continues her adventures in exercises, activities and videos. It's suited for kids age 5 years and older (but even adults might learn something new)
- Public libraries - many public libraries have digital books you can rent for free on their websites, along with other resources
- [Stick Figure Art](#) YouTube channel
- [450 Ivy League courses you can take online right now for free](#)
- [Met to launch "Nightly Met Opera Streams"](#) - A free series of encore Live in HD presentations streamed on the company website during the coronavirus closure
- [Emotional ABCs](#) - We teach children ages 4-11 how to figure out WHAT they are feeling, WHY they are having that emotion, and HOW to make better choices
- [TED-Ed Video Playlist](#) - Sorted by categories
- [Virtual Field Trips](#) - Over 30 virtual field trips with links
- [Lunch Doodles with Mo Willems](#)
- [Educational YouTube channels](#)
- [Unite for Literacy](#) - free online audiobooks
- [Cincinnati Zoo is Bringing the Zoo to You!](#)
- [100 things to do while stuck inside due to a pandemic](#)
- [Story time from space](#)
- [11 Amazing Places Around New York That You Can Virtually Travel To Without Ever Leaving Your Home](#)
- [Discover 10 Parks & Preserves in Albany County](#) - Are you social distancing but want to get out of the house? If you are healthy, explore one of the parks or preserves in Albany County! Governor Cuomo announced that NYS will waive all park fees as of March 16, 2020
- [Podcasts for Kids](#)
- [Calendar/list of live streams to watch](#)
- [Netflix Party Chrome extension](#) - a Chrome extension for watching Netflix remotely with friends
- [15 Broadway Plays and Musicals You Can Watch On Stage From Home](#)
- [20 Virtual Field Trips](#)
- [Entertainment for a Quarantine](#)
- [Math card games](#)
- [Library of Congress digital collections](#)

- [NASA](#) has made their entire media library - images, sounds, and video - public
- [Mix.com](#) - formerly stumbleupon, Mix is a social content curation site that allows you to collect articles, and content about specific interests or topics that you like. When you curate and add to your collections, your content is shared with friends and made discoverable to others on Mix who share similar interests.
- Use [DuoLingo](#) to learn a new language or practice one you already know!
- [You Can Now Tour 2,500 World-Famous Museums From the Comfort of Your Own Sofa](#)
- [Free audiobooks](#)
- [The Actor's Fund](#) will be producing daily Broadway Virtual Concerts featuring stars of the stage and screen, singing and performing live (from home)! Tune in each day at 2pm and 8pm
- Getting outdoors and connecting with nature is a way to help maintain our physical and mental health (as long as you are maintaining social distancing!). Find a location near you at the [NYS Department of Environmental Conservation](#).
- [The San Diego Zoo](#) has a website just for kids with videos, activities, and games!
- [Tour Yellowstone National Park](#)
- [Explore the surface of Mars on the Curiosity Rover](#)
- The Canadian site [FarmFood 360](#) offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs
- [40+ Best Indoor Activities from Busy Toddler](#)
- Atlantic White Shark Conservancy [story hour](#)
- [Wash Your Lyrics](#) - Generate a hand washing lyrics meme based on your favorite song lyrics
- [Google Earth](#) Has Virtual Tours of 31 National Parks in the U.S.
- [50 Ways to Keep Kids Engaged at Home During the Coronavirus Shutdown](#)
- Chris Field - [live streaming Afternoon Adventures](#) on Facebook every Monday-Friday until April 3rd at 3pm Eastern time (previous videos will be saved for viewing at any time)
- Coronavirus: Kids stuck at home should go on these [virtual Disney World rides](#)
- [The Palace of Versailles](#) is offering a free virtual tour
- [Free virtual tours](#) of museums, parks, and cities
- [Audible.com](#) - all stories are free to stream on your desktop, laptop, phone or tablet
- [Coach Edson's PE Classes](#) on YouTube

https://time.com/tfk-free/?fbclid=IwAR0LIKtp8D3nekejht47kZtyVx_rD2TxwzI140Jn71idBXiRxcM-kgmTbbY

TIME FOR KIDS DIGITAL LIBRARY FREE FOR THE REST OF THE SCHOOL YEAR

https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR1-WK9me4G95pf-eLcxw27i-p3lI7dhl-dlGtLm-wp0GN-A_cKvnhEHsMU

A huge list of boredom busters!

Mental Health Resources:

- Wellness Apps that help to calm and recenter:



- Participate in Humble Warriors Yoga everyday to practice mindfulness
<https://www.youtube.com/channel/UCdhz3N5v2xmHNFzdaAfJuVg>
- Information from the American School Counselor Association:
<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

<https://askrose.org/>

Rose Hulman online tutoring service - FREE

<http://cincinnatizoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>

Link for LIVE Facebook videos from the Cincinnati Zoo featuring an animal a day.

https://tokybook.com/little-house-big-woods/?fbclid=IwAR1JjR1yChcTKDSV2-O3_w4QpUQMjbdUbvZMqGx6E-AM_bzzUxlwoJthJe4

Little House in the Big Woods online audio books. What a great time to do this!

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>

Live web cams from the Georgia Aquarium.

<http://pbskids.org/itsmylife/blog/index.html>

It's My Life deals with life and the stuff that tweens deal with every day. It attempts to get the idea across that "whatever problem you're dealing with, believe it or not, other kids and teens have gone through the same thing." At It's My Life, tweens can read informative articles, share stories, play games and activities, take quizzes and polls, watch video clips of other kids talking about their feelings and experiences, get advice from older kids and experts, and contribute their own comments and questions. It's My Life also features interviews with celebrities about things they had to go through when they were kids.

Follow Them On Twitter: @pbsparents

<https://www.letsmakeart.com/>

Let's Make Art - this site sparked a hobby that changed my life! This site will teach you how to watercolor. All you need is a few basic supplies. Paper, paint, and a brush...You can watch the videos online and she teaches you how to paint.

https://drive.google.com/a/warrick.k12.in.us/file/d/1ya31pGDvcXv73yHwkHeK6MZJqPb_qQ0R/view?usp=drivesdk

Teen mental health resources.

<http://cincinnatizoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>

Weekday live videos of all the animals. Check it out!! My family watched the first video today and it was so cute and informative!

http://origin.americandairy.com/news-and-events/dairy-diary/dairy-farming/virtual-farm-tours-while-youre-stuck-at-home.shtml?fbclid=IwAR3oUATFjphNGxP9EX09SgpmsfKqt2EN_PDDrC2kPLr1KgA2k-esdyBxrf0

Tour a dairy farm. How doesn't like cows?!

<https://biglifejournal.com/>

Growth mindset website for kids and parents.

<https://www.warrick.k12.in.us/Schools/boonvillemiddle/guidance/study.php>

Link to various homework help sites.

<https://indiana.kuder.com/landing-page>

Indiana Career Explorer- explore future professions

<http://www.pacerteensagainstbullying.org/#/home>

Teens Against Bullying is a great resource for counselors looking to engage students in anti-bullying movements. The movement encourages kids to share their stories and act in positive ways, and the site offers plenty of resources for parents, teachers, and counselors.

<http://www.ai-therapy.com/blog/>

AI Therapy is online based counseling for social disorders, such as anxiety. They are based out of Oxford, England.

Follow Them On Twitter: @drfjola

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

Need immediate help: crisis help line

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

Storybird lets anyone make visual stories in seconds. They curate artwork from illustrators and animators around the world and inspire writers of any age to turn those images into fresh stories.

Follow Them On Twitter: @Storybird

<https://rangerrick.org/>

Ranger Rick Magazine -This link offers all kinds of information about animals. This was my favorite magazine as a kid. I read it cover to cover!

<https://authornaomidrew.blogspot.com/>

This site has a wealth of free downloads, links, and expert commentary on bullying, parenting, conflict resolution, and character education. This serves as a great source for teachers, parents, school counselors, and youth group leaders.

Follow Them On Twitter: @authornaomidrew

<https://www.parents.com/familyfun-magazine/>

Family Fun Magazine link. This site provides activities to do as a family. Lots of crafts and games!

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

The counselor running this blog works on three school campuses, with over 60 teachers and 1500 students. From that experience, this blog works to share ideas and strategies that promote social, emotional, and behavioral development.

Follow <https://booksthathealkids.blogspot.com/>

Roxanne has been working as an elementary school counselor since she obtained her Master's Degree in Education in 2005. Bibliotherapy has always been a passion of hers and over the years she has witnessed the healing power of books in children's lives. She has made it her mission to find contemporary books that help address the many issues children currently have to deal with. She hand picks all of her books and will only post books she actually uses and feels truly make a difference in a child's life.

Follow Them On Twitter: @Books_Heal_Kids

<http://www.katesclub.org/>

Since 2003, Kate's Club has created healing communities that allow grieving children and their families to have fun, express their emotions, remember their loved ones, develop healthy coping skills, and know that they are not alone.

Follow Them On Twitter: @KatesClub

<http://counselingwithcallie.weebly.com/index.html>

During the 2011-2012 school year, Callie Maas completed her internship at Greenwood Elementary in the Washington Local School district, where she was able to work with students through individual, group, and classroom guidance lessons. Now she is a school counselor at Highland High School,

where she is able to help all students with issues that may be affecting their academics, career, and personal/social interactions.

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

Smilebox is a tool that creates cards, invitations, collages, slideshows, and more. It's a great way to create graduation initiations or collages from student events.

Follow Them On Twitter: @smilebox

<https://www.penguin.com/static/pages/features/wegivebooks/>

We Give Books is a new digital initiative that enables anyone with access to the Internet to put books in the hands of children who don't have them, simply by reading online. There are many resources for educators including online books, reading guides, and more.

Follow Them On Twitter: @WeGiveBooks

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

This site is full of educational toys, all inspired by museums. There are technology, math, science, animal, and history toys, all which can be used by parents and teachers in fun, educational activities.

Follow Them On Twitter: @Museum_Tour

<http://smyface.com/>

Smyface is a great visual tool for school counselors looking to connect with students. This simple internet tool helps students easily discuss and display their feelings and situations behind them.

Follow Them On Twitter: @lastlemon01

http://www.vrml.k12.la.us/conselor_corner/lessons/lesson_plan_counsel.htm

Counselor's Corner is a resource with lists of lesson plans, activities and internet sites for school counselors.

The mission at Middle School Counseling Blog and as Kamehameha Schools Counselors is to support the vision and mission of the Kamehameha Schools and to provide a comprehensive counseling program which addresses the personal/social, academic, and career needs of all students.

<https://classroommagazines.scholastic.com/support/learnathome.html>

Scholastic Online Learning by grade level.

Coronavirus safety

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

Video on Coronavirus for kids. This video shares great tips for families and kids.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

Workplace, school, and home safety tips

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Talking to kids about the coronavirus.

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell>

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

