

Waterford Graded School District

Counseling Resource Packet

2020-2021 School Year

- 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:

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

What can I do if I'm feeling worried - for kids

https://drive.google.com/file/d/1x3eApRJDPdVxpOlq1eEU124oIWpfQDK1/view?mc_cid=b04fa541f1&mc_eid=7b60dcb392

A Parent Resource for talking to your kids about the Coronavirus

[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](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)

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>

Protecting your mental health during the Coronavirus Outbreak

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Child Mind Institute - Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR1gPOHSrnju0PIEFMdNCzXOo9xGJiyRDxLDbAmG-6DHpiUoSBWGFvFLro>

Riverside Trauma Center - Managing Reactions to the Coronavirus

https://mcusercontent.com/11d644082f631ef5ac871908e/files/d19e7416-fbf2-4702-b95f-15c2c807e852/Managing_Reactions_to_the_Coronavirus.pdf?mc_cid=f3391bb3b1&mc_eid=2b74595de1&fbclid=IwAR1wXA7JZzU1ABq-anfV3EdtysCc613bf3qH1yWCjF9Zr6ebOwDgF-eQxCQ

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>

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>

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

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

Progressive Muscle Relaxation for Kids

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

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/1o6kEgCKLn3cylm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

Character Lessons During the Virus School Closure

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

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

10 Days of Live 'Choose Love' Lessons For Parents and Children

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

Kindness Videos

<https://www.randomactsofkindness.org/kindness-videos>

30 things you can do for Emotional Health



What does it take to be a good listener?	Discuss the emotions that you see in your favorite book.	Tell about a time you felt happy.	Practice belly breathing.	Go outside and count how many things are red.
Name as many calm down strategies that you can.	Write a letter or draw a picture for someone to let them know you appreciate them.	List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste	Read a picture book and use facial clues/body language to tell how the characters are feeling	Make a poster about kindness for your classroom.
List three character traits that you have learned this year.	Be kind to yourself - eat a healthy snack!	Practice sitting still for one minute - notice the sounds you hear	Think of a situation where you could practice being assertive.	Play emotion charades - can your family guess your feeling?
Talk about five things you are grateful for.	Make a list of all the emotions you can think of.	Tell about a time you felt sad.	Play a game with someone.	Do your chores without being asked.
If you feel a strong emotion, say STOP and name your feeling.	Give a friend or a family member a compliment today.	What are three coping skills you can use when you are upset?	Make a list of things that are important to you.	Name 5 things you love about yourself!
Make a card for someone you love.	Write or draw what it means to be a good friend.	Talk, write, or draw about a time you showed kindness	Read a book and discuss moments of caring	Draw a picture of your future self - what is your career?

Social Emotional



**SOCIAL
EMOTIONAL
LEARNING**

Learning Menu

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

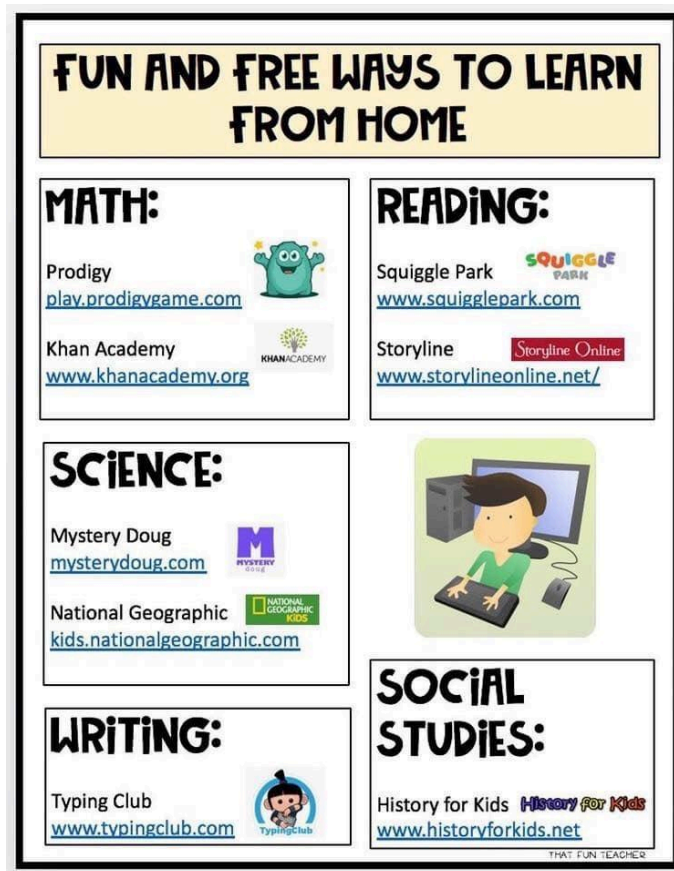
Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere

<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/>

Scholastic Learn at Home... Scholastic has put together 20 days of cross curricular learning by grade bands..... This looks like GREAT STUFF!



Mental Health Crisis Resources

QuickList for Families(updated September 24, 2019)

Family Resource Directory (updated September 24, 2019)

Call 211 for community resources – Impact in Milwaukee covers Racine County. If 211 does not work from your phone, call toll-free at 866-211-3380, and also report the issue. Searchable online database is available at: <http://www.impactinc.org/>

The Student and Family Assistance Program is available at no charge to all students and families residing in the same household through Aurora. The SFAP is available to have sessions via the phone or skype as well. They are available 24 hours a day 7 days a week. To learn more about these services, visit aurora.org/eap or call **800-236-3231**