

Resource Packet

Harrison Park and Sunrise Counseling

March 20, 2020

1. Resources for Talking to Kids About Coronavirus
2. Social-Emotional Learning Resources
3. Online Learning/Enrichment Resources

*****Although I have reviewed all the resources included in this packet on 3/20/2020, as with any online resource, please review it prior to sharing it with your child to make sure you approve its content.*****

During this time of uncertainty and change, please remember that I am available to you if you have any questions about your child's well-being. I am also available to your child. Your child can email me or you can email me, and request to virtually "meet." If I was meeting with your child regularly before we physically closed, I will be in touch. Resources are also available on my district webpage, which will be regularly updated for resources specific to parents:

<https://sr.penntrafford.org/classes/7437>. Students can connect with me on my google classroom using my class code: m3wgwn5.

Mrs. Lauren Traill, School Counselor
traill@penntrafford.org

Resources for Talking to Kids About Coronavirus:

Managing Anxiety and Stress – Centers for Disease Control and Prevention Resource

<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#.XmazisKG7LA.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>

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>

Pennsylvania Career Zone

<https://penntrafford.pacareerzone.org/signin>

Your child should have access to their google account and can sign into their individualized Penn-Trafford PA Career Zone account using their google account.

This website is not our state's career exploration site, but it has a lot of fun and informational resources to exploring careers: 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/1o6kEgCKLn3cylm2hehhhSTIk7yRTd0C3zx49JS4wwCI/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=IwAR06lgI5U3ea2sRtIGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

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>

25 AT HOME SOCIAL-EMOTIONAL LEARNING ACTIVITIES



Practice your favorite breathing technique. Ex: Box Breathing (Breath in for 4 sec, Hold 4, Out 4, Hold 4. - repeat)	Make a list of all the feelings you can think of.	Play emotions charades. Can your family guess your emotions?	Write a letter to someone to let them know you appreciate them	What is respect? What does it look like? Make a list of 10 ways to show respect at school and home.
Helping others brings us joy. Pick a chore to help your family with.	Make a poster to promote KINDNESS. Make a list of ways you can be kind to others.	Make a list of things that bring your joy and make you happy.	Mindful Minute - Go outside and sit, close your eyes for 1 minute, and focus on all the different sounds you hear. What did you hear? How do you feel?	Practice "Soup Breathing" Use hands to make "bowl" Smell the soup (in) and cool it off (out)
Make a list of things you can do when you are upset.	Read a book or have someone read to you. What feelings did you notice as you read/are read to?	What do you want to be when you grow up? Draw a picture of you doing that job. Ask a grown-up what they know about the job!	Grounding: Draw/Write 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste.	How are you feeling today? Write/draw/talk about the feelings you are feeling today.
Think of three things you can do to help someone out in your house today!	Mindful Jar: On strips of paper write 10 things you can do to calm down/make you happy. Tear them and put them in a jar to choose from next time you are upset.	Power of YET: Write/draw about something you can't do YET, but want to get better at.	Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw/Write things that make you feel these emotions.	Namaste - Find a soft spot and practice YOGA to calm your body. (Cosmic Kids on YouTube is great)
Draw an outline of your body when it feels angry. Mark the parts your body feel anger in red. Ex: fist clench, heart races)	Gratitude: Draw or Make a list of things that are important to you/thankful for.	I-Statements - Role Play & Practice using I Statements "I feel _____ when you _____" Ex: "I feel <u>frustrated</u> when you <u>interrupt me</u> ." - "I feel <u>upset</u> when you <u>call me a name</u> "	Friendship: What does it mean to be a good friend? Write/draw 5 things you can do to be a good friend.	Draw/List 3 things you like about yourself and/or things you are good at. Write some kind words to yourself. This can be a letter, drawings of kind words, or positive statements. Say them out loud to yourself.

Online Learning/Enrichment Resources

Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources

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

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

FUN AND FREE WAYS TO LEARN FROM HOME

<p>MATH:</p> <p>Prodigy play.prodigygame.com</p> <p>Khan Academy www.khanacademy.org</p>  	<p>READING:</p> <p>Squiggle Park www.squigglepark.com</p> <p>Storyline www.storylineonline.net/</p>  
<p>SCIENCE:</p> <p>Mystery Doug mysterydoug.com</p> <p>National Geographic kids.nationalgeographic.com</p>  	
<p>WRITING:</p> <p>Typing Club www.typingclub.com</p> 	<p>SOCIAL STUDIES:</p> <p>History for Kids www.historyforkids.net</p> 

THAT FUN TEACHER