

Welcome to the School Counselor's Corner



A Live Document from the CHK School Counselors

Dear Kumpf Family,

We certainly hope you are doing well at this time. During the course of a typical middle school day, students have the opportunity to visit the counselor's office to discuss any matters that they are currently dealing with in their lives. Students can also share any thoughts they may be preoccupied with and thus may be interfering with their learning. Although at this time we cannot meet with students in person, please know that students and parents can email their counselor with any questions or concerns they may have. We also will be reaching out to students that we have recently been in communication with as a "check in" to see how they are doing. Please note that Mr. Acosta is assigned to students with last names beginning with the letters A-K, and Mrs. Crincoli letters L- Z. Emails are as follows:

Mr. Acosta - sacosta@clarkschools.org Mrs. Crincoli - dcrincoli@clarkschools.org

****Any emergency situations please contact Clark Police or call 911. Tri-County Behavioral Care** is here to offer mental health support during this unprecedented time. Depression, anxiety, stress are the common daily factors that can evolve with the ever changing news. They offer counseling services not just for students but to parents, guardians, staff and teachers. Contact them at **973-691-3030** to schedule a phone or video conference therapy session.**



Everyone is impressed to see such a positive start to remote learning. It seems like you are enjoying many of the online experiences and different ways of learning. Please know that it is also understandable to have moments when you feel overwhelmed, stressed, anxious or worried. We are all figuring it out together and adjustments may be made as time goes on. Remember to reach out to your teachers and school counselors to share any issues you are experiencing. Stay in touch with friends and talk about what's going on in your classes with your family. It could be fun to work on a project or research something together. Make sure to share pictures. Waking up each day to a new normal can be hard for everyone. Having a daily schedule might alleviate some of the uncertainty and keep you on track with your work. This is a time of uncertainty and we can truly understand how what is occurring affects all people, let alone the minds of our middle school students. What follows are several resources you may have some interest in. We will update our resources as needed. Thanks for all your support during this time. Please be safe, stay healthy and wash your hands. We look forward to a return to Kumpf in the near future.

Here are a couple of links, websites, apps & suggestions for the days ahead of us:

1. Establish a work zone or a dedicated space. This is crucial for productivity and focus.
2. Stick to a schedule: Wake up at a regular time, shower, eat, get dressed, etc. as usual.
3. Most importantly, practice self care. Carve out a time each day for exercise, meditation, or self-care practices Ex: Take a walk/jog around the block, practice gardening, planting, many gyms/studios are offering online classes, etc.

Here is a quick 5 minute meditation which can be done anywhere:

<https://youtu.be/inpok4MKVLM>

National Public Radio site offers a comic which explores the Coronavirus which makes it easier for kids to understand.. Great for elementary students but middle school students can also benefit from viewing it. There is also a 3 minute listen at this site.

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

The Child Mind Institute has a video and offers ideas about how to talk to kids about the coronavirus.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus>

The National Association of School Psychologist offers parent advice in talking to children about COVID-19.

[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)

CDC Website for up to date information

https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Findex.html

<https://www.youtube.com/watch?v=kiVpWZBXLug> -video for kids

Tips on staying safe during coronavirus outbreak starts at 1:42

Tips on what to do if you feel worried starts at 2:30

Tips on what to do if you're having trouble letting your worries go starts at 3:42

<https://www.youtube.com/watch?v=a5qhtYR5uJk> - 10 tips for staying home during the outbreak



@Clark_School_Counseling_Dept - Follow!

Free Apps To Download:

Guided Meditation:

Shine: Calm Anxiety & Stress

Balance: Meditation- Meditation that adapts to you

Calm- Meditation & Sleep Stories

Headspace: Meditation & Sleep- Stress less & relaxing sounds

Educational:

BrainPOP- Educational videos & quizzes

Coursera: Learn new skills

Brilliant- Solve, Learn, Grow- Math & Science

Remote Learning Counseling Plans – Calming Down

Lesson: Calming Down

Objectives: Explore different ways to calm down and pick a favorite

Description: Students will explore five different calm down techniques. They will choose which one works best for them and how they feel after engaging in it.

	Description	Link	Did You Like This?
Try the following five calm down techniques. Decide if this is something you would do to try to feel better if you were feeling a strong feeling. Calm Down Activity			
Five Senses Grounding	Go through your five senses and think of one thing you can identify in each sense: Seeing, Hearing, Smelling, Feeling, and Tasting	https://youtu.be/1J7PDC8rwEo	Yes <input type="checkbox"/> No <input type="checkbox"/>
Mindful Breathing	Take deep breaths in order to tune into your body and help you to feel calmer	https://www.youtube.com/watch?v=O29e4rRMrV4	Yes <input type="checkbox"/> No <input type="checkbox"/>
Imagery	Think of an image or place that helps you to feel comfortable and happy.	https://www.youtube.com/watch?v=MI5EKytGn0Q	Yes <input type="checkbox"/> No <input type="checkbox"/>
Yoga	Stretch yourself in order to get your heart pumping, blood moving, and to tune into the different parts of your body.	https://www.youtube.com/watch?v=0hvwLdk5D5g	Yes <input type="checkbox"/> No <input type="checkbox"/>
Art	Use creativity to relax your mind. Some people choose to doodle with their pencil while others like to use markers to color in a picture. Sometimes coloring in small lines can help to bring your mind to a state of relaxation.	Color the following coloring page or free draw on your own paper in order to feel happy or calm down strong feelings.	Yes <input type="checkbox"/> No <input type="checkbox"/>

Things To Do While Away From School

- Learn to Code
- Get Active!
- Go for a Walk or Run
- Youtube JustDance or other workout videos
- Practice Yoga using YouTube Videos
- Learn something new from a Podcast
- Journal
- Write a Letter
- Make a Gratitude List
- Read a Book
- Practice Mindfulness Techniques
- Virtually Tour Museums and Zoos
- Practice Random Acts of Kindness

5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS
@HOLISTICALLYGRACE

INFORM
LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.

CONNECT
REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH.

SOOTHE
DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING

CONTROL
FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES

HONOR + DISTRACT
ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

COPING WITH COVID-19 (CORONAVIRUS)

Parent and Teacher Handout

COVID-19, better known as Coronavirus, has caused much anxiety and stress for our students. Below are some tips and tricks to cope with the social disruption of this crisis.

Normalize Anxiety

Anxiety serves a purpose in our life to alert us of disruption and move us towards safety. Feeling anxiety is an appropriate reaction to the emerging news and shift in routine. Normalize this anxiety with your student and/or child while also managing your own level of anxiety.

Utilize Coping Skills

Calming Coping Skills (These skills are designed to help you relax):

Taking deep breaths	Mindfulness exercises
Slowly counting to 10 and/or backwards	Listen to nature sounds
Imagine your favorite place	Positive self-talk statements
Take a time-limited break	

Physical Coping Skills (These skills are designed to help you balance your energy, either to energize you or to help you release your excess energy in your body):

Jumping on a trampoline	Doing simple exercises (pushups, sit-ups)
Riding a bike	Going on a walk (while maintaining social distancing)
Dancing/singing	
Playing soccer, basketball, etc.	

Processing Coping Skills (These skills are designed to help you work through thoughts and feelings you have about challenging situations):

Write poetry	Make a worry box
Use a journal	Create a playlist to listen to
Use a feelings thermometer	

Distraction Coping Skills (These skills are designed to distract you and keep your attention when you are focused on something that is making you upset):

Baking or cooking	Take photos of nature
Playing a game	Read a joke book
Drawing/Coloring	Doing something kind for someone else
Writing a story	Using a stress ball or fidget