



LMS and HHS Social Emotional Newsletter



Helping Children Cope with Changes Resulting from COVID-19

- Stay calm, listen, and offer reassurance
 - Be a role model, be aware of how you talk about COVID-19, explain social distancing, demonstrate deep breathing, focus on the positive, establish and maintain a daily routine, identify projects that might help others, offer lots of love and affection.
- Monitor television viewing and social media
 - Monitor for your child and yourself so not to increase fear and anxiety, dispel rumors and inaccurate information, provide healthy alternatives.
- Take time to talk
 - Let your children's questions guide you, answer truthfully but don't include any unnecessary details or facts.
- Stay connected to school
 - Locate learning resources, stay in touch, connect with school staff.
- Model basic hygiene and healthy lifestyle practices
 - Practice daily good hygiene, wash your hands often for at least 20 seconds, compliment your child when they are practicing good hygiene, make sure they eat a balanced diet, get enough sleep, and exercise.
- Be aware of your children's mental health
 - Contact a professional if your child: has sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, and poor concentration.

Full article: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Resources to Help Your Child Manage Stress or Emotional Concerns

VIDEOS:

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

PODCAST:

<http://www.movethisworld.com/social-emotional-learning/2019-8-2-7-best-podcasts-to-learn-more-about-social-emotional-learning/>

BOOKS:

The Anxiety and Phobia Workbook by Edward Bourne, Ph.D.

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins, Ph.D., and Katherine A. Martinez, Psy.D., illustrated by Michael Sloan

Self-care Ideas for You and Your Child!

- **Go on mindfulness walks**
 - Be conscious of the environment around you
- **Practice deep breathing**
 - In through your nose, out through your mouth
- **5 senses mindfulness activity**
 - Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste
- **Yoga**
 - Find videos online and follow along
- **Make a sensory bottle**
 - Fill a water bottle $\frac{3}{4}$ of the way with warm water, add clear Elmer's glue, add lots of glitter, add a few drops of food coloring, super glue the lid shut.

Crisis Support

- Contact your child's pediatrician or mental health provider
- Kanihelp.org/resources
- In the event of an emergency, call 911 or call your local emergency room

For more information, email your building mental health support clinician:

- Limestone Middle School: Kristina Hubly, hublyk@hcsud2.org
- Herscher High School: Julia Daly, dalyj@hcsud2.org

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

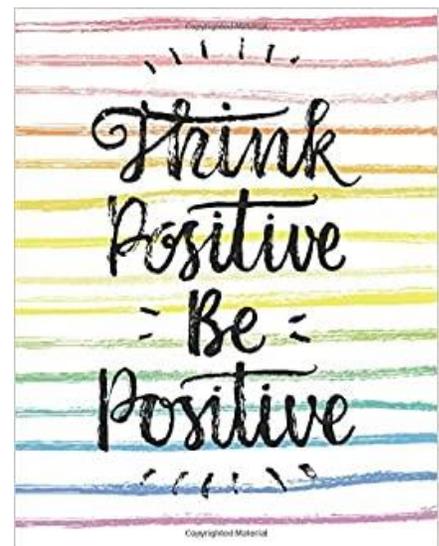
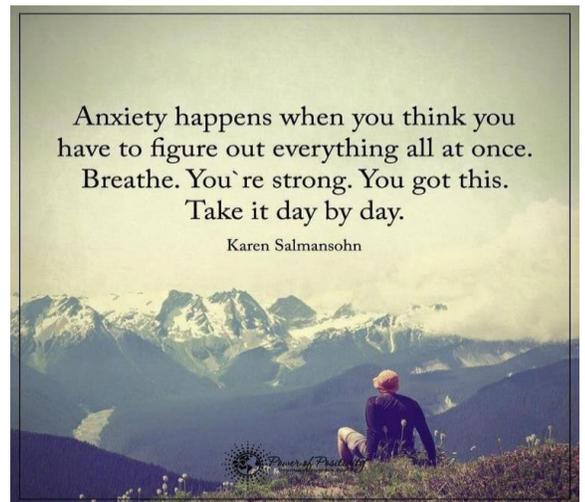
IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way



Anxiety happens when you think you have to figure out everything all at once. Breathe. You're strong. You got this. Take it day by day.

Karen Salmansohn





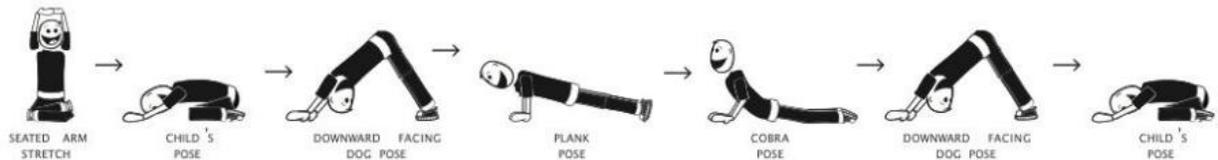
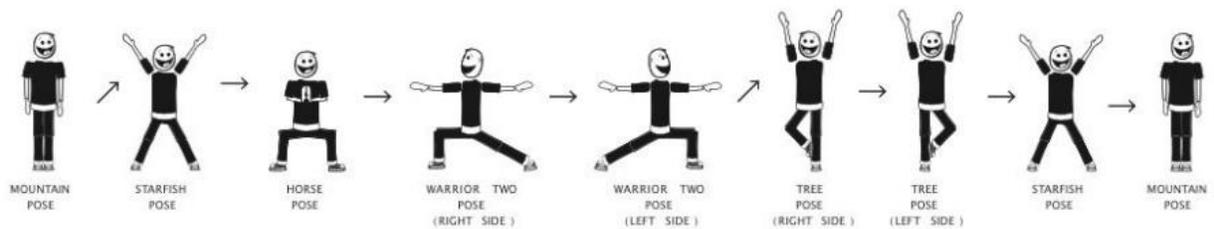
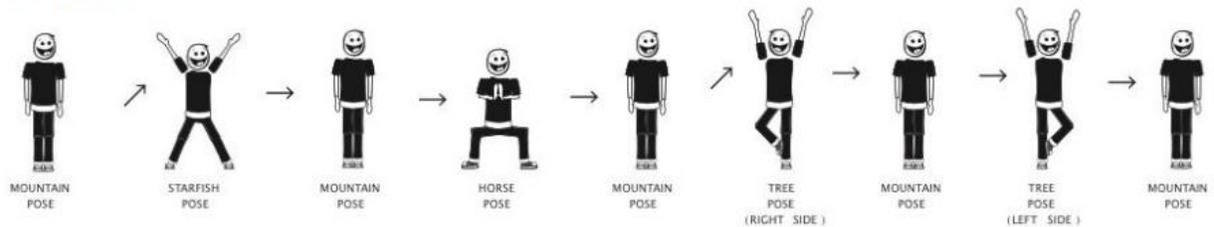
Fun & Simple Yoga Sequences

For Home or School

Setup

1. SEL + Wellness Objectives: Build self-awareness, body awareness, physical activity and 'screen free' time.
2. Preparations: Clear an open space for movement.
3. Practice holding each pose for the count of 5, counting aloud 1 – 2 – 3 – 4 – 5.

Practice



Extend

1. End yoga time by taking a deep breaths and saying, "I am sturdy, safe and strong."
2. Play Yoga Freeze Dance! Have children dance to their favorite music for the count of 10 between each yoga pose.
3. Turn this into a family activity by having children work together to create a yoga + dance sequence to teach family members.

For more resources and activities please visit https://bit.ly/MP_Resources