Maintaining Social/Emotional Wellness During Uncertain Times
Agenda

1. Tips
2. Virtual Activities
3. Resources
4. Q&A
01 TIPS
Tips - General

- Children and parents are stressed and grieving right now. Give them and yourself a lot of grace.
- Limit the media exposure for you and your children.
- Provide a calming influence to your children but be honest about how you’re feeling.
- Stick to your routine, it helps maintain predictability and reduces anxiety.
- Take this opportunity to teach your children life skills, like tying their shoes, gardening, how to set a table, completing chores, sewing, or practicing good manners.
- Try to spend time outdoors everyday, if possible: ie. bicycling, flying kites, family walks.
- Focus on the positive.
- Rely on your faith.
**Tips - General**

- If possible, be physically active each day. Exercise as a family, indoors or outside. Playing games outside together can be a great way to spend time together!

- Stay connected with friends and family. Use phone calls, video chats, letters and cards to stay in touch while maintaining social distancing.

- Eat healthy, well-balanced meals as much as possible - This has an impact on mental and physical health.

- Be creative with new activities - Do a puzzle or incorporate family game night into your routine.

- Avoid catastrophic thinking - for example, don’t assume a cough is a sign of infection and limit news stories that dwell on worst-case scenarios.

- Check in everyday with yourself and your family.
Tips - Educating Your Child At Home

- Recognize that homeschooling is not the same as crisis schooling.
- It is okay to NOT be amazing. Don't try to be Pinterest Homeschool Mom/Dad/Guardian of the Year.
- Learning can occur in many forms; Make it fun! Use this time to teach your kids life skills and spend time together.
- Set a designated space and time for learning.
- Make sure to stay in touch with your child’s school and teachers. Let them know of any critical situations or changes occurring within your family, i.e. illnesses, job loss, etc.
- Stick to your schedule or routine for learning at home, but realize that you may need to be flexible depending on your family’s current needs.
Tips - Speaking with Children About COVID-19

- Talk to your kids about the facts - Not talking about the virus can actually be worse because kids can worry more if they think you are avoiding talking to them.

- Invite your children to ask you questions and let you know what they’ve been hearing - Be present and refrain from asking them too many questions to avoid stimulating frightening thoughts.

- It’s ok if you don’t have the answers to all the questions your child may have right now.

- Deal with your own anxiety before speaking with your children.

- Focus on what you can do to stay healthy and safe - Kids feel empowered when they know what they can do to keep themselves safe.
Tips - Speaking with Children About COVID-19

- Check in with little kids - children who are having more tantrums or being defiant may be feeling anxious.
- Validate the disappointment your child may be feeling.
- Be honest. Explain in an age appropriate way the importance of social distancing and why your child cannot spend time with friends and family in person.
Tips - Self-Care

- Make time for yourself.
- Prioritize healthy choices.
- Be realistic - Cut yourself some slack.
- Accept and ask for help.
- Focus on what you can do.
- Set boundaries with work and relationships.
- Reconnect with things you enjoy.
02
VIRTUAL ACTIVITIES
Virtual Mindfulness Sessions

Movement & Mindfulness Exercises

Join the GCA Counseling Department for weekly movement and mindfulness exercise sessions

Thursdays @ 12pm
*See Canvas Calendar for Session Link

Virtual Mindfulness Classes

Children ages 5-10 can participate in this virtual mindfulness class with Free to Be Mindful

Thursdays @ 3pm
Registration
https://www.freetobemindful.com/virtualclass
GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. In addition to visiting the website, download the app for **FREE** to get moving with 300+ dance videos, mindfulness activities, and more engaging videos for kids! Available on **iOS, Android, AppleTV, Fire, Roku**

GoNoodle Parent Letter

Melting

Address an Envelope

I Got A Feeling
Health & Wellness

**Video Chat with Expert Clinicians**

Join the Child Mind Institute as they hold Facebook Live video chats with expert clinicians

Daily @ 10am and 4:30pm
Link: [https://www.facebook.com/ChildMindInstitute/](https://www.facebook.com/ChildMindInstitute/)

**21 Days of Meditation**

Join Deepak Chopra and Oprah to find peace of mind in the midst of turmoil.

Link: [https://chopracentermeditation.com/](https://chopracentermeditation.com/)
03 RESOURCES
Resources

Missed our last presentation?

View it at the link below.

https://tinyurl.com/CombatingCOVID19
Resources

**Explaining COVID-19 to Kids**
A kid-friendly video from Brainpop.

**Just For Kids**
A comic exploring the new Coronavirus (from NPR)
Resources

Stay Positive
Watch Some Good News

Good News Network
https://www.goodnewsnetwork.org/

Some Good News with John Krasinski
https://www.youtube.com/watch?v=F5pgG1M_h_U
Resources

Wellness Apps

BREATHE  CALM  YOUPER
MINDSHIFT  MOODPATH  TIDE
WELLTRACK  SELF-HELP ANXIETY MANAGEMENT
With many of us hunkering down at home with our kids, Stop, Breathe & Think has decided to feature a series of recommended mindfulness activities for the entire family.

The activities recommended at the link below are ideal for children ages 4–10 and can help address feelings of:

- Anxiety
- Restlessness
- Anger & Annoyance
- Gratitude & Kindness
Resources - 2020 Graduates

Many things are on hold right now but Post-Secondary Plans don’t have to be!

View the list at the link below to see what you and your senior can work on together during this time to continue preparing for life after high school graduation!

https://tinyurl.com/Parent-SeniorTaskList
Planning for college?  
Here’s what you need to do!

Junior Parent Letter: https://tinyurl.com/JuniorParentLetter

11th Grade Checklist: https://tinyurl.com/JuniorCheckList2020

View Previous Virtual College Visits: https://www.smore.com/528ch
Resources

**Center for Disease Control and Prevention (CDC)**
Caring for Children: Tips to keep children healthy while school’s out (March 29)

**Georgia Family Connection Partnership (GAFCP)**
Coronavirus in Georgia—Updates and Resources
https://gafcp.org/coronavirus/

**Mayo Clinic Health System**
Discover Gratitude
https://www.mayoclinichealthsystem.org/gratitude
Resources

Amazing Educational Resources
Education Companies Offering Free Subscriptions due to School Closings
http://www.amazingeducationalresources.com/

Child Mind Institute
Remote Evaluations and Telemedicine
https://childmind.org/our-care/request-appointment/

Child Mind Institute
How Mindfulness Can Help During COVID-19
Resources

Child Mind Institute
Supporting Families During COVID-19
https://childmind.org/coping-during-covid-19-resources-for-parents/

National Association of School Psychologist
Helping Children Cope With Changes Resulting From COVID-19
Follow Us  » » Like Us  » » Share

Instagram
@gcacounselors

Twitter
@gcacounseling

Counseling Newsletters

www.georgiacyber.org/school-life/counseling
*access your grade band newsletter under “Counseling”
Q&A
Thank you!

GCA Counseling and Support Services Department

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