

# How to Emotionally Support your Child During COVID -19

## Books to Read About Feelings



### In My Heart: A Book of Feelings

<https://www.youtube.com/watch?v=xIfLgHBwYx4>

### The Color Monster, A Story About Emotions

<https://www.youtube.com/watch?v=PWUjGPb6mgo>

### Glad Monster Sad Monster

[https://www.youtube.com/watch?v=ZP\\_oHnMbHt0](https://www.youtube.com/watch?v=ZP_oHnMbHt0)

### Ruby's Worry

<https://www.youtube.com/watch?v=9IhhCq44ar8>

### Grumpy Monkey

<https://www.youtube.com/watch?v=gD23CMopdgl>

## Some Questions to Ask About the Reading

- What feelings did you see in the story? What clues let you know the character was feeling that way?
- What makes you feel sad/mad/happy/frustrated/excited/proud/worried/brave/joyful/etc.?
- How are you feeling now?
- What are some clues that help you know how you're feeling?
- When you feel sad/angry/frustrated, what can you do to help your body feel better?

## Short Videos & Discussion Topics for Students

### Elmo and Feelings (k-4)

<https://www.pbslearningmedia.org/resource/sesame-jr-martinez-feelings/jr-martinez-feelings-sesame-street/>

### We all have Mental Health (5-6)

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

### Finding My Place (what is the role of the student in their family)

<https://ca.pbslearningmedia.org/resource/ket-earlychild-ss4/finding-my-place/>

### Helping Your Child Stick To a Schedule -Toolkit

<https://storage.trailstowellness.org/trails-2/covid-19-resources/sticking-to-a-schedule.pdf>

## Practicing Self-Care

### How to Practice Self Care During the Coronavirus Pandemic- adults

<https://youtu.be/yblukokYksA>



### Virtual Calming Room- children and adults

<https://sites.google.com/cnusd.k12.ca.us/cnusdvirtualcalmingroom/home>

### Self-Care During COVID-19-Teens

<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-teens.pdf>

### Mindfulness-teens

<https://storage.trailstowellness.org/trails-2/resources/mindfulness-for-teens.pdf>

### Meditation-children and adults

<https://www.biteback.org.au/PowerUp>

## Helping Your Child Understand COVID-19

### Social Distancing Explanation for Children

<https://ca.pbslearningmedia.org/resource/social-distancing-video/meet-the-helpers/>

### coronavirus Do's and Don'ts for parents

<https://ca.pbslearningmedia.org/resource/coronavirus-dos-donts-or-parents-video/meet-the-helpers/>

### Responding to Change and Loss -Toolkit

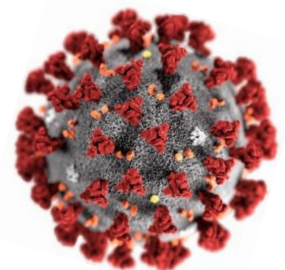
<https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4>

### Helping Children Cope With Changes Resulting From COVID-19-article

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

### Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak-Fact Sheet

[https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007?referer=from\\_search\\_result](https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007?referer=from_search_result)



# Cómo Apoyar Emocionalmente a su Hijo/a Durante el Tiempo de COVID -19

## Libros Sobre Sentimientos



**In My Heart: A Book of Feelings**

<https://www.youtube.com/watch?v=xIfLgHBwYx4>

**The Color Monster, A Story About Emotions**

<https://www.youtube.com/watch?v=PWujGPb6mgo>

**Glad Monster Sad Monster**

[https://www.youtube.com/watch?v=ZP\\_oHnMbHt0](https://www.youtube.com/watch?v=ZP_oHnMbHt0)

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**Grumpy Monkey**

<https://www.youtube.com/watch?v=gD23CMopdgl>

\*Los videos están en inglés pero pueden usar los subtítulos en español

## Algunas Preguntas Sobre la Lectura

- ¿Qué sentimientos viste en la historia? ¿Qué pistas miraste que te dejaron saber que el personaje se sentía así?
- ¿Qué te hace sentir triste/ feliz / frustrado / emocionado / orgulloso / enojado / preocupado / valiente / alegre / etc.?
- ¿Cómo te sientes ahora?
- ¿Cuáles son algunas pistas que te ayudan a saber cómo te sientes?
- Cuando te sientes triste/ enojado / frustrado, ¿qué puedes hacer para ayudarte a sentirte mejor?

## Videos Cortos y Temas de Discusión para Estudiantes

**Encontrado mi lugar:** cuál es el papel del estudiante en su familia?

<https://ca.pbslearningmedia.org/resource/animation9/encontrado-mi-lugar/#.XqoJfahKjlc>

**Cómo ayudar a los niños con sus sentimientos**

<https://childmind.org/guide/como-ayudar-a-los-ninos-a-lidiar-con-un-evento-traumatico/como-ayudar-a-los-ninos-en-edades-de-6-a-11/>

**Cómo ayudar a su hijo ser mas organizado**

<https://childmind.org/article/como-ayudarte-a-ti-mismo-a-organizarte/>

## Practicando el Autocuidado



**Consejos para Fortalecer el Bienestar de los Estudiantes**

<https://storage.trailstowellness.org/trails-2/covid-19-resources/spanish--tips-for-supporting-student-wellness-during-covid-19.pdf>

**Sala de calma virtual** -estudiantes y padres

<https://sites.google.com/cnusd.k12.ca.us/cnusdvirtualcalmingroom/home>

**Autocuidado de adolescentes durante COVID-19** (Ingles)

<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-teens.pdf>

**El poder de la conciencia plena**

<https://childmind.org/article/el-poder-de-la-conciencia-plena/>

## Como Puede Ayudar a Su Estudiante Comprender El COVID-19

**Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019**

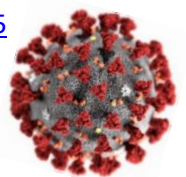
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent\\_caregiver\\_guide\\_to\\_helping\\_families\\_cope\\_with\\_the\\_coronavirus\\_disease\\_2019-sp.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf)

**Respondiendo al Cambio y Pérdida** <https://indd.adobe.com/view/631f33bb-e0ff-403b-8e75-0e231f156245>

**Distanciamiento social en tiempos de coronavirus** <https://www.youtube.com/watch?v=cSSA4naoOHO>

**Cómo apoyar a los niños durante la crisis del coronavirus**

<https://childmind.org/article/como-apoyar-a-los-ninos-en-la-tesis-del-covid-19/>



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Páginas utilizadas: <https://childmind.org/>, <https://ca.pbslearningmedia.org/>, <https://trailstowellness.org/>, <https://www.nctsn.org/>, <https://childrengrieve.org/>, <https://www.youtube.com/>