



Evergreen School District

From strong roots grow bright futures

Updates and Support Resources from your Evergreen Wellness Team

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As wildfires rage across California, many families will be affected. Whether you're in an evacuation zone or in an area where you can see, smell or sense the smoke, adults and kids alike will feel the stress. Some may be significantly impacted. Here are some resources for families to help with the whirl of emotions and anxiety you may be experiencing.

Parent and Teacher Resources

[Simple Activities for Children and Adolescents](https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_final.pdf)

https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_final.pdf

Activities that parents can share with children during evacuation.

[Parent Guidelines for Helping Children Impacted by Wildfires](https://www.nctsn.org/sites/default/files/resources//parents_guidelines_for_helping_children_impacted_by_wildfires.pdf)

https://www.nctsn.org/sites/default/files/resources//parents_guidelines_for_helping_children_impacted_by_wildfires.pdf

[Guía Para Padres Con Hijos Que Han Sido Afectados por Incendios](https://www.nctsn.org/sites/default/files/resources//parents_guidelines_for_helping_children_impacted_by_arson_fires_sp.pdf)

https://www.nctsn.org/sites/default/files/resources//parents_guidelines_for_helping_children_impacted_by_arson_fires_sp.pdf

Describes common reactions to wildfires and ways parents can help. Available in English and Spanish.

[Helping Young Children Recover after the Northern California Wild Fires](https://www.scoe.org/files/Fire_Response_10-17-17_(1).pdf)

[https://www.scoe.org/files/Fire_Response_10-17-17_\(1\).pdf](https://www.scoe.org/files/Fire_Response_10-17-17_(1).pdf)

Information about how to talk to your children and signs of distress to watch for.



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[Helping Children Cope with Emergencies](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Description of how children respond to emergencies and what adults can do to help them.

[Educator Resources for Wildfire Recovery](https://achieve.lausd.net/Page/14242#spn-content)

<https://achieve.lausd.net/Page/14242#spn-content>

Includes classroom scripts for teachers.

[Helping Children After a Wildfire: Tips for Parents and Teachers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/natural-disaster-resources/helping-children-after-a-wildfire-tips-for-parents-and-teachers)

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/natural-disaster-resources/helping-children-after-a-wildfire-tips-for-parents-and-teachers>

Strategies for supporting children as they return to school after experiencing a wildfire.

[Help Kids Cope app](#)

Helps parents talk to their kids about the disasters they may face and know how best to support them in age-appropriate ways throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping their family heal after reuniting.

Resources for Children

[Trinka and Sam: The Big Fire](https://piploproductions.com/stories/trinka-and-sam/clone-of-trinka-and-sam-fires/)

<https://piploproductions.com/stories/trinka-and-sam/clone-of-trinka-and-sam-fires/>

A story developed to help young children and their families begin to talk about feelings and worries they may have after they have experienced a large-scale fire, like a wildfire. Includes a parent guide. Available in English and Spanish

[My Fire Story to Share](https://drive.google.com/file/d/1nCb_R7EvPHGUPudCqaNf3cJxlcu0_Owe/view?usp=sharing)

https://drive.google.com/file/d/1nCb_R7EvPHGUPudCqaNf3cJxlcu0_Owe/view?usp=sharing

A coloring book to help children express their feelings and concerns after experiencing a wildfire. Includes a parent guide.

[Grounding Technique to Help During an Anxiety Attack](https://drive.google.com/file/d/1ulg8MYLIHoDUHYvkzCf6Hkp7q4EaRMTc/view)

<https://drive.google.com/file/d/1ulg8MYLIHoDUHYvkzCf6Hkp7q4EaRMTc/view>

[Virtual Calming Room](https://sites.google.com/genoaschools.com/genoa-schools-counseling/home?authuser=0)

<https://sites.google.com/genoaschools.com/genoa-schools-counseling/home?authuser=0>



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Resources for Adults

[Taking Care of Your Emotional Health](#)

<https://emergency.cdc.gov/coping/selfcare.asp>

Important self care strategies for during and after an emergency.

[Disaster Distress Helpline](#)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

[Deep Breathing Video](#)