

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

Online Education

An enormous amount of online teaching platforms are offering free resources or access while schools are closed. You can find a comprehensive list here:

<http://www.amazingeducationalresources.com>

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