

## **WE Emotional Support Resources (From Karen Schmick)**

1. Have a lunch bunch (all of the students are used to doing this every week and could probably do a good job running in!)
  - a. Conversation
  - b. Play a game
  
2. Conversation  
Students are used to the following structure:
  - a. Brainstorm conversation topics (refer to conversation starters)
  - b. Ask an initial question
  - c. Answer and ask same question back
  - d. Other person answers
  - e. Add follow-up questions and comments
  - f. Maintain eye contact
  
3. Play board games  
Students can work on following skills:
  - a. Compromise on game
  - b. Fair way to decide who goes first
  - c. Take turns/be patient
  - d. Know when it is your turn and what to do
  - e. Be a good sport
  - f. Make appropriate comments
  
4. Size of problem
  - a. Have discussion about Coronavirus and label as a BIG PROBLEM and why
  - b. Talk about sizes of other problems happening in daily life (ex. Can't go to the movies or watch sports would be a "little problem", doing your school work at home may be a "medium problem" because it involves more people and you may need help)
  - c. Two visuals to support this have been sent
  
5. Mindfulness
  - a. Practice deep breathing
  - b. Cosmic Zen den

<https://www.cosmickids.com/mindfulness-meditation-videos-kids/>

6. Watching a TV show or movie  
*(let's face it, you'll be doing this anyway, so might as well review some social skills at the same time!)*
  - a. Review social language (vocab sheet was sent as a resource)
    - i. Was the behavior expected or unexpected
    - ii. What is the character's plan
    - iii. Is the character "part of group"
    - iv. Is the character following the "group plan" (doing the same thing and thinking about the same thing)
    - v. Make a "smart guess" about what the character is going to do next
    - vi. Size of the problem
  - b. Read body language and emotions
  
7. Read a children's book
  - a. Discuss the character's feelings
  - b. Ask social thinking questions (see definitions and TV ideas)
  - c. What was the size of the problem and the character's reaction

#### OTHER RESOURCES

1. Read Coronavirus Social Story to those students who need help understanding why we are off school and what is happening (see resource)
2. Look up social skills lessons on YouTube (see resources)

*I am thinking of you and all of my students! I will be checking email on a regular basis. Please feel free to reach out if you need other specific suggestions or help for you child during this challenging time! I suggest as much structure and routine as possible. WE got this!*  
My email is [kschmick@northernvork.org](mailto:kschmick@northernvork.org)

**Sincerely,  
Karen Schmick, BCBA  
Emotional Support Teacher**