



Horrell Hill Elementary School Counseling Department E-Learning Resources and Information

Within this document, you will find information on:

1. Talking to your child(ren) about the Coronavirus
2. 30 Emotional Health Activities at Home
3. Free e-Mindfulness Classes and Read-Aloud at Home Lessons
4. School Counselors' Contact Information
5. Daily Activities for Social Emotional Learning at Home (see the next PDF)

The National Association of School Psychologists and National Association of School Nurses offers the following guidelines when talking with children:

Remain calm and reassuring.

Children will react to and follow your verbal and nonverbal reactions.

- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available.

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Avoid excessive blaming.

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.

- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media.

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Be honest and accurate.

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.

Some other resources:

[How to take care of your child\(ren\) during the COVID-19 outbreak](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Mental Health and Coping During COVID-19](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

EMOTIONAL HEALTH ACTIVITIES

For Home

30

Things **YOU** can do for **YOUR** Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up with out being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

©Carol Miller 2011





For the next few weeks, Mindful Schools will be offering free mindfulness classes for kids!

*Join us online – for mindful activities, mindful movement, read-alouds –
and let's have fun exploring mindfulness together.*

Free Online: Mindfulness Class for Kids!

Classes will be held on:

Tuesdays, Wednesdays, and Thursdays at 1:00 PM

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

SCHOOL COUNSELOR CONTACT INFORMATION

Kimberly Johnson kimberly.johnson2@richlandone.org Every other Monday, Wednesdays and Fridays

Lakisha Whitaker lakisha.whitaker@richlandone.org Monday through Friday

The office will be closed; however, we will respond within 24 hours of your email.