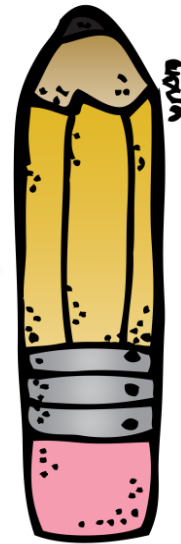


Distance Learning Support and Resources



Below you will find:

- ✓ The Yucky Bug Mini Lesson by Julia Cook
- ✓ Resources for Talking to Your Student(s) about the Corona Virus
- ✓ Concentration Tips for Kids
- ✓ How to create a Homeschool Survival Tool Kit
- ✓ Rules for Managing Anger
- ✓ Social Emotional Learning Choice Board



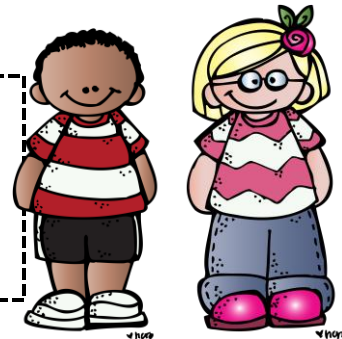
Please remember to check our website for updates, educational resources and COVID 19 resources at:
www.cisd.org



Student Counseling Hotline

Mon-Fri: 8:00 AM -4:00 PM
(903) 641-2334 or

counselorsupport@cisd.org



THE YUCKY BUG BY: JULIA COOK

Find the digital read aloud here: <https://safeyoutube.net/w/1A32>

JULIA COOK

Tips for Parents on Talking to Kids About The Yucky Bug



Here are a few tips you might find helpful:

- Remain calm and reassuring. It is very important to create an environment where children feel comfortable asking questions.
- Always answer a child's questions truthfully with developmentally appropriate, simple answers. You don't need to go into more detail than necessary, but lying to children, or making up facts will ultimately confuse them. Eventually, when they find out the truth about what happened, they may struggle with trusting you in the future if you lie in an attempt to protect them.
- Focus on what you and your child are doing to stay safe. Remind children they can be part of the solution, by washing hands, using tissues when coughing or sneezing, using fist or elbow bumps instead of handshakes, and not sharing food or drinks.
- Stick to a predictable routine as much as possible. If schools and/or daycares close, re-establish a functional routine that your child can count on.
- You may be asked to repeat your answers several times. Be consistent in your reply and realize that your repetitive answers are your child's "need to know," and you are building upon his/her sense of security.
- Children often feel out of control when disasters occur. Keeping with a familiar routine is very important when trying to re-establish the security of predictability and feeling of being in control.
- If your child asks you a question that you do not know the answer to, it's ok to say, "I don't know."
- Acknowledge and normalize your child's thoughts, feelings and reactions. Help children understand why they feel the way they do. "I can only imagine how scared you must be feeling. I'm scared too."

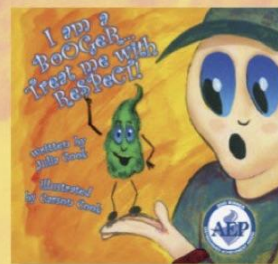
THE YUCKY BUG BY: JULIA COOK CONTINUED

- Encourage kids to talk about disaster-related events on their terms. Never force a child to answer a question or talk about an incident until they are ready.
- Reassure your child that many people are helping those who are hurting. You may want to let your child make a card or a gift for someone who is suffering. Giving to those in need of support allows a child to feel like they can make a difference in helping with a terrible situation.
- Keep your child away from watching news stations and listening to the radio where the disaster is being discussed and replayed. Sensationalizing the events that have occurred will only upset and confuse your child further.
- Promote positive coping and problem-solving skills. Remember – YOU are your child's coping instructor. Your children take note of how you respond to local and national events. They may also be listening to every word you say when you discuss these events with other adults.
- Emphasize children's resiliency. Fortunately, most children, even those who are exposed to trauma, are quite resilient.
- Strengthen friendship and peer support, and foster supportive relationships. There is strength in numbers!
- If your child is preoccupied with questions and concerns about safety, or suffers from sleep disturbances, anxiety, recurring fears about death or severe separation anxiety, contact your pediatrician or counselor.
- Take care of your own needs. In order to be there for others, you have to take care of yourself.

**A fun resource to help
calm and educate kids!**



Julia Cook, M.S. is a national award-winning children's author, counselor, and parenting expert. She has presented in thousands of schools nationally and internationally, regularly speaks at education and counseling conferences, and has published children's books on a wide range of character and social development topics. The goal behind Cook's work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the "what to say" and the "how to say it."



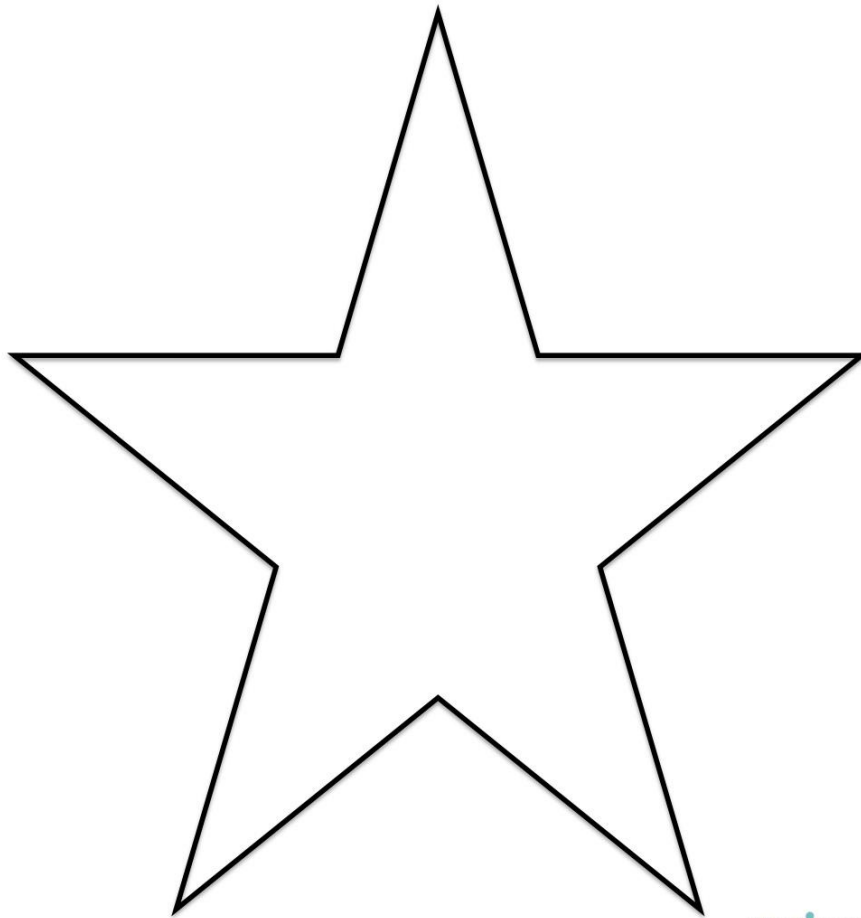
THE MAGIC★FIVE

- ★ Stay at home when you get the chance.
- ★ Use your elbow when you sneeze or cough.
- ★ If your hands touch things that others have touched, use soap and water to wash them off.
- ★ Keep a distance from others when you go outside or travel from place to place.
- ★ And most important of all, keep your hands away from your face.

THE YUCKY BUG BY: JULIA COOK CONTINUED

MY MAGIC★FIVE

Directions: Write one "Magic Five" on each point of the star. Color and cut out.



© JULIA COOK 2020

Talking to Your Child about COVID 19

PBS Kids: How to Talk to Your Kids About the Coronavirus

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

Brain Pop Video About the Coronavirus

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

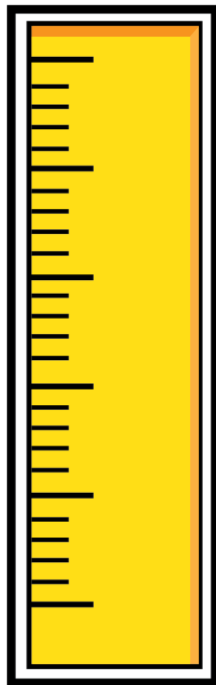
Just for Kids: A Comic Exploring the New Coronavirus from NPR

<https://www.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U&app=desktop>

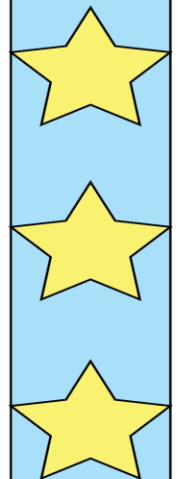
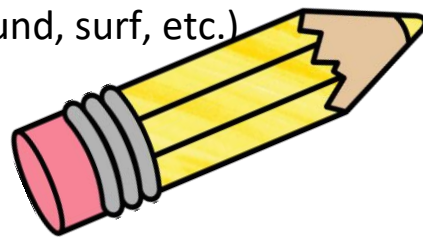
How to Talk to Kids about the Coronavirus

<https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be&app=desktop>

Concentration Tips



- ✓ Breakfast is essential.
- ✓ Be well rested.
- ✓ Exercise makes you feel better and keeps your body chemistry in good condition.
- ✓ Study with a pencil in your hand.
- ✓ Keep a water bottle nearby.
- ✓ A quiet place to study is best.
- ✓ Control TV viewing- more than 10 hours/week may reduce the ability to study and concentrate.
- ✓ Consider listening to quiet music on a headset- or "white noise" (oceans sound, surf, etc.)





Creating a Homeschool Survival Tool Kit



Materials Needed:

- Box
- Crayons or markers
- List of supplies
- Tape or glue
- Pencil or pen



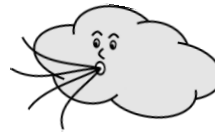
- ❖ Discuss time wasters that can prevent students from completing homework (television, not having supplies handy, not knowing what to do or how to do it, daydreaming, tablets, etc.).
- ❖ Explain that the Homeschool Survival Kit is a box or drawer at home in which all homeschool supplies are kept.
- ❖ Discuss how organizing supplies can help students' complete homework more quickly.
- ❖ Tell your student(s) they will be making a Homeschool Survival Kit.
- ❖ Give your student a box or other container (could be an old shoe box, Tupperware, or any kind of box!) crayons or markers, tape or glue, a pen or pencil, and a list of the supplies you would like to keep in the box.
 - Discuss why the listed supplies are important to include in the kit.
 - Allow your student(s) to list their own suggestions for items to keep in the kit. Tell your student(s) to tape/glue the supply list to the inside of the box's lid.
- ❖ Allow your student(s) to decorate their kits.



Rules for Getting Your Anger Out

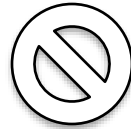
New things can be hard, overwhelming and frustrating! Here are some tips to help ease frustration. Practice these “rules” before an outburst happens.

1. **BREATHE:** Blow your anger out.



2. **STOP AND THINK:** Make a healthy choice.

3. **DO NOT HURT:** Anything or anyone with your hands, feet or voice.



4. **SAY:** “I feel angry. I want you to _____.”



5. **WALK AWAY**



Social Emotional Learning

Choice Board

Use positive self-talk in the bathroom mirror. Say 5 positive things about yourself.	Write your ABCs. Next, write as many feelings words as you can for each letter.	Practice being mindful: 5 things that you can see 4 things that you can touch 3 things that you can hear 2 things that you can smell 1 thing that you can taste	Write a story about someone who is really kind and compassionate.	Play red light, green light to practice self-control.
Journal about your day. What did you do? How do you feel?	List 20 things you love about yourself.	Dream about your future career. Draw a picture of yourself at your future job.	Send a nice text, call or video to a family member or friend.	Work with a family member to build something.
Practice not being first for a whole day. Let others around you do things before you do.	Watch a free read aloud of one of Julia Cook's books on YouTube. Try Personal Space Camp, My Mouth is A Volcano, Wilma Jean and the Worry Machine	Make a list or draw things you can do to calm down whenever you get angry.	Play a game with someone. Practice telling yourself it is ok if you don't win.	Tell someone about what it means to have personal space.
Create a sensory jar filled with rice, beans, small toys and other items.	Ask a family member (or call a friend) and ask them about their job. What do they do? What is it called?	Make a stress ball out of things you can find at home. (A balloon or bag filled with flour or sand)	Paint, draw or create something.	Draw a picture of what strong feelings feel like in your body.
Count to 10, 20 or 30 the next time you need to calm down.	Read a book and discuss moments of caring.	Discuss: What does it take to be a good listener?	Draw or tell about a time you felt happy.	Go outside and count how many things are red.
Be kind to yourself! Eat a healthy snack.	Play emotions charades- can your family guess what you're feeling?	Give a family member a compliment today.	Make a card for someone you love.	Talk about 5 things you are grateful for.