



# Pflugerville Elementary Parent & Student Support Guide

# Social Emotional Student Resources

\*\*\*Please note that there are live links in the text to direct you to the resource.\*\*\*

[Sesame Street- Little Children Big Challenges-General Resilience Information](#) More suitable for your younger students

[Big Ideas - Classdojo](#) Mojo! Classdojo is a resource the kids are familiar with. It has some great videos and guiding questions embedded.

[MindYeti](#) by Committee for Children (second step) resources that can be used to promote mindfulness. They also published a [youtube channel](#) of free activities.

[Imagine Neighborhood](#) by Committee for Children (second step)The Imagine Neighborhood is a podcast designed to help children and their grown ups grow their social-emotional skills.

As always please preview these resources and decide if they are something you want to use to talk to your family

# Parent Information

[Talking to Children About COVID-19 \(Coronavirus\)](#) by National Association of School Psychologists & National Association of School Nurses

[Second Step Resources on Covid-19](#) Resources from PfISD's social emotional district wide curriculum.

[Draw Me Safe: Coloring and Conversation about a Pandemic](#)

[The Yucky Bug](#) by Julia Cook illustrated by children at Emerson Elementary School.  
[Companion activities for free download.](#)

[Talking to Kids About the Coronavirus](#) by Child Mind Institute

[BrainPOP explaining the Coronavirus](#) by BrainPOP a platform used at school, may need student login.

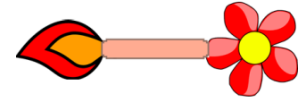
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# Coping Skills

**Feelings Wheel**- Help name your emotions so you can tame your emotions. There's no "bad" emotion. Use this emotion wheel to pinpoint a more specific feeling, and talk about how to work through it.

**Breathing Techniques**- Take long, deep breaths to control your anxiety. Taking short, quick breaths can actually make your anxiety worse...these are just a couple of things you can do:

**Create a flower/flame tool**... Take a popsicle stick, cut out a picture of a flower and a picture of flame. On one end of the popsicle stick glue the flower, and glue the flame on the opposite end. Pretend that you are taking a deep breath of the flower, then turn the stick and blow out the flame.



**Blow (or pretend to blow) bubbles**...remember to take deep breaths in and out

**Write in a private journal or sketchbook** to express emotions through writing and drawing. When a crisis is said and done, it's great to look back on how you made it through on how you made it through such a difficult time.

**Coping Skills Worksheet** -Text is geared more towards adults but parents can read and practice with children.

**Calm Coloring** - Use coloring books you might have at home or feel free to use [mandala patterns](#) for calm coloring, become aware of your breathing. [Crayola free coloring pages](#) [PBSkids coloring pages](#)

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# Community Resources

For comprehensive **updated** list of information on all resources available in Travis County (food, mental health, COVID-19 information, child care, etc) the best resource is to **call 211** or visit [connectatx.org](https://connectatx.org).

Spectrum Internet Spectrum will offer Free broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call **1-(866) 874-2389**. Installation fees will be waived for new student households.

Meals at PfISD locations PfISD will offer breakfast, lunch and dinner at specific locations. Parents can pick up meals at specified locations, students do not need to be present. Breakfast 8-9, Lunch 11-1 and Dinner to be passed out at breakfast or lunch times. Please look to link for official district information about distribution.

[PfISD District Social Work Resources Website](#)

[PfISD District Social Work Mental Health Crisis Website](#)

This is not an exhaustive list if you need more information please feel free to reach out to Ms. Cunha.

# Community Based Mental Health Resources

[PfISD/Travis County COVID 19 Mental Health Resources](#) Comprehensive list of resources provided by the district to assist you and your family.

[Rock Springs Changes](#) Offers Partial Hospitalization and Intensive Outpatient Programs for children and adolescents, ages 8–17.

[Austin Oaks Hospital](#) Offers distinctive psychiatric services to adults, adolescents, and children age 4 and up with acute mental health needs. Offer evidence-based programs designed to meet the individual needs of individuals with a wide array of behavioral and emotional illnesses.

This is not an exhaustive list if you need more information please feel free to reach out to Ms. Cunha.

# Pflugerville Elementary Contacts

As always feel free to reach out with any questions or concerns.

Genia Antoine - PES Principal- [genia.antoine@pfisd.net](mailto:genia.antoine@pfisd.net)

Jerry Ortiz – PES Assistant Principal [\\_gerardo.ortiz@pfisd.net](mailto:_gerardo.ortiz@pfisd.net)

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[PES Staff Directory](#)

We are PES .... We are all in this together!