San Benito CISD Counseling Department

Anxiety and Stress

*a feeling of worry, nervousness, or unease about an event with an uncertain outcome

STUDENT & PARENT RESOURCES

BELOW IS A LIST OF RESOURCES THAT CAN BE USED TO HELP YOU AND YOUR CHILD DURING THIS TIME

ACTIVITIES

Relaxing music - https://www.youtube.com/watch?v=77YwsoKsNV8
Activities - https://txsource.com/2017/06/30/8-activities-treating-anxiety-children/
Activities - https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/stress-busting-activities-for-young-children
Activities – https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/stress-busting-activities-for-young-children
Second Step https://www.cfchildren.org/resources/free-classroom-activities/
Calming Activities https://www.schoolcounselingfiles.com/activities-for-anxious-kids.html
Activities https://perfectionpending.net/20-fun-activities-to-help-kids-with-anxiety/
Stress Management http://blog.harringtoncreativecounseling.com/free-resources/
Activities and Lessons https://www.hudsonfarmhouse.com/helping-children-with-stress-anxiety-due-to-the-coronavirus/
Activities https://txsource.com/2017/06/30/8-activities-treating-anxiety-children/

READ-ALOUDS - Libros

Be Still, Little Tree, Be Still – A story about overcoming fear, worry and anxiety
https://www.youtube.com/watch?v=cmTDT1mR62U
Listening with my heart – A story that attempts to combat kids' worries and negative self-talk by promoting kindness not just to others but to yourself.
https://www.youtube.com/wath?v=Lawc3fwSOn8
A Little Spot of Anxiety https://www.youtube.com/watch?v=J1_sXDbEKPs
Wemberly Worried https://www.youtube.com/watch?v=ev-oFnOuaiY
Time to Come in Bear – Social Distancing https://www.youtube.com/watch?v=DA_SsZFYw0w

VIDEOS

Why do we lose control of our emotions? https://youtube/3bKuoH8CkFc
Meditation for children https://youtube/jKSkAtFUjo0
Proven strategies to help children overcome fears/age-related fears/why is my child afraid?
https://www.youtube.com/watch?v=XqXJ-TlfBac
Social distancing https://www.youtube.com/watch?v=2HTA3ql6uWY
Song Wash Your Hands https://www.youtube.com/watch?v=DA_SsZFYw0w

PARENT RESOURCES

Tips for Helping Children After the Event Organization: Child Mind Institute: - 12 tips for addressing stress and fostering resilience in children who have experiences a traumatic event
https://childmind.org/guide/helping-children-cope-traumatic-event/tips-helping-children-trauma
Mind Child Institute https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/

The National Child Traumatic Stress Network https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2010-ch

Talking to children about Covid-19 (Coronavirus): A parent resource
https://nasponline.org/resources-and-publications
https://www.palmsbh.com/

https://nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch

https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/