San Bentio CISD Counseling Department

FEAR

A distressing emotion or thought that a person has when they are frightened or worried by something dangerous or bad that is happening.

STUDENT & PARENT RESOURCES

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

ACTIVITES

- Keep a Journal------Escribir en un diario las emociones, el horario al sentirlas para ayudar con el miedo y la anciedad. Help your child to keep a journal of their worries. They can note their actual worries, the location and time of their worries, and how they feel in their bodies when the worries invade. This will help your child to recognize patterns in their worries.

- You Tube Video on Belly Breathing to calm your fears and anger

- Ejercicios en utube para respirar y control

- Grounding Exercises
* Name 5 things you see, 4 things you hear, 3 things you can touch, 2 things you smell, and 1 thing you can taste.
* Name 5 colors you see, 4 sounds you hear, 3 shapes you see, 2 things you can hold in your hand, and say 1 thing you can do right now.

- FREE Mindful Powers App for Children/Aplicacion de meditacion para ninos Mindful powers
Dowload in Itunes or Google Play

FREE Social Emotional Learning - Create your little monsters

READ-ALOUDS- Libros

Read aloud on fear and how to overcome it
Ardilla mediosa
15 libros para ninos sobre el miedo
Wilma Jean the Worry Machine- Julia Cook

VIDEOS

Julia Cook on Corona Virus to help manage fear and questions children may have
Sesame Street video on Fear- helps parent/child discussion on fear
Plaza Sesamo video explica miedo y importancia de hablar sobre el tema
Abby explica el miedo Plaza Sesamo
Explicacion del corona virus-Espanol

PARENT RESOURCES

- Tips for nurturing and protecting kids at home
- Como hablar con tus hijos del virus
- How to talk with your child about the corona virus.
- Cómo hablar con los niños sobre el coronavirus
- Escaneo corporal: qué es y cómo se realiza esta técnica de relajación
- El uso del Mindfulness en las adicciones El Mindfulness puede ser una herramienta terapéutica pod
- Your Fear ToolKit: how to help your child with fear and anxiety
- ¿Qué es el Coronavirus?
- Cómo ayudar a un niño a superar sus miedos, en 5 pasos.