

April 10, 2020



Dear ASB Families:

Happy Easter! I hope you all have a wonderful Easter this weekend and enjoy a well earned and much deserved spring break next week. Thank you for your continued partnership during the past four weeks of digital learning. I hope you and your family can take time over spring break to rest, rejuvenate and spend time together!

I want to highlight two specific resources that are listed below. The **first** is [making an accomplishment box](#) to celebrate successes, no matter how big or how small. What you and your children have done over these past four weeks is a huge accomplishment! You and your children have adjusted to a new routine and a new way to learn and do school digitally. Making an accomplishment box is a fun way to help your child see all of their hard work and accomplishments. It can also help them to stay motivated by looking back at what they've already accomplished. Spring break is a great time for this, especially as we rest and reset to come back to digital learning for the remainder of the school year. The **second** is [Bulldog Spring BINGO](#)! All Bingo squares promote positive emotional and mental health. This is a fun activity for students to do individually or as a family. Send us pictures of your Bulldogs completing these fun activities during spring break and beyond!

An updated list of social emotional learning resources, stress management tools and other resources for students and families are below. New resources this week are in **purple font**.

As always, please feel free to reach out to me for help and support. I'm more than happy to connect with you and your student in any way we can to support the emotional and mental health of your student.

All the best,

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RESOURCES FOR STUDENTS

Topic	Grade Level	Overview & Links to Access
About Coronavirus		
Understanding Coronavirus for Kids	ALL	This comic gives kids important facts about the coronavirus.
What is the Coronavirus for Kids	ALL	This short video provides kids with important facts about the coronavirus.
Stress and Anxiety Management		
50 Mindfulness Resources for Kids and Teens	ALL	This list from Big Life Journal has different apps, books, and videos for children and teens that promote mindfulness.
Accomplishment Box	ALL	Make an accomplishment box for your student to see all of their hard work and their successes. This can help students to maintain motivation and feel proud of all they can do! Click here for instructions.
Active Coping Calendar for April	ALL	The Action for Happiness organization helps people take action for a happier and kinder world. Click here to access their April Active Coping Calendar , which is full of simple strategies to incorporate this month!
Anxiety & Stress Relief Lessons	ALL	This 6-lesson program teaches kids to understand, control and manage their anxiety. Note: there is a cost to purchase the lessons.
Breathing Technique Cards	ALL	Click here to access a few different types of calm breathing techniques to use with kids.
Calm - A Mindfulness and Meditation App	ALL	This app with various mindfulness music, stories, ideas and meditations for kids and adults.
Cosmic Kids Yoga videos	K-5	This link has various yoga videos for kids . This can be used with all grade levels, but is geared more for K-5.
Coronavirus Stress Activities	K-2	A fellow school counselor created these stress management activities for kids grade K-2, which includes stress buster ideas, mindfulness and more!
Coronavirus Stress Activities	3-5	A fellow school counselor created these stress management activities for kids grades 3-5, which includes stress buster ideas, mindfulness and more!
Feeling Discouraged	3-5	Students (and adults!) have moments of feeling

poster	6-8	discouraged. This poster , from a fellow school counselor, gives a few ideas of things we can say to ourselves when we're feeling discouraged.
Focus on What You Can Control	ALL	During stressful times, it's easy to feel overwhelmed. Focusing on what you can control can help to put things in perspective and clear your mind. Click here for an image of what's in your control in uncertain times like this.
Gratitude Journal	ALL	Practicing gratitude has many health benefits, including boosting our mood and sense of well-being. Encourage your kids to create a Gratitude Journal using this template .
Grounding Technique Cards	ALL	Use the Ground Technique cards when kids are having trouble being/remaining calm.
How to Make Calming Jars	K-5	This is a video with instructions to create a DIY calming jar for kids . This can be used as an in-the-moment tool to help kids calm down.
Mindfulness Bingo!	ALL	A fellow school counselor created this Mindfulness Bingo card . This is a great activity for students to do individually or as a family activity!
Mindfulness and Yoga sessions for Kids & Tweens	K-5 6-8	Karbma is a local company that offers yoga and mindfulness classes that teach kids and teens life skills to cope with the stress and anxiety of growing up. Karma is offering a spring session via Zoom and it's starting in April! Click here for more information about the upcoming spring classes.
Video about Stress	3-5 6-8	This BrainPop video gives students an overview of what stress is and a few ways to manage stress.
Worry Warriors video by Counselor Keri	K-5	A fellow school counselor offers a series of YouTube videos about being a Worry Warrior . She goes over the importance of recognizing worries and tools to manage worries.
Yoga Ed. for Kids	ALL	This link has various yoga videos for kids in all grade levels.

Social & Emotional Learning (SEL)

17 Apps to Help Kids Stay Focused	ALL	CommonSense Media offers 17 apps that kids can use to help stay and maintain focus .
30 Things You Can Do for Your Emotional Health	ALL	Click here for 30 low-tech ideas to help support your student's emotional health.
Apps to Build Emotional	ALL	This list of apps and games helps kids to build and develop

Intelligence for Kids		emotional intelligence, an important skill for all.
Aspiring Youth Virtual Social Skills Groups	K-2 3-5	Aspiring Youth continues to provide groups for students to continue to develop social skills and healthy social connections. Click here to learn more about Aspiring Youth's options for remote and virtual learning, including healthy social development groups, Minecraft server play, self-care and movement.
Board Games that Build SEL Skills	ALL	This is a list of fun board games that emphasize social-emotional learning.
BrainChild on Netflix	3-5 6-8	BrainChild is a Netflix series that has episodes for different social-emotional learning topics. A couple of recommended episodes for grade 3-5 and 6-8 are: <ul style="list-style-type: none"> • Emotions (Season 1, Episode 6): Click here for a worksheet, created by a fellow school counselor, for this episode. • Thinking (Season 1, Episode 9): Click here for a worksheet, created by a fellow school counselor, to go along with the episode.
Bulldog Spring Bingo	ALL	Play a fun game of Bulldog Spring Bingo as a family or individually. All squares in this bingo game promote positive emotional and mental health.
Character Tree	K-2	Character Tree has short videos about positive character traits. This resource is free to parents for the remainder of the school year.
Coping Strategies Fortune Teller	K-5	Make your own fortune teller full of coping strategies to practice and use everyday!
Epic - eBooks for Kids	K-5	Epic is an online library offering thousands of ebooks! You can search for social-emotional learning books that cover topics such as bravery, friendship, growth mindset and more! It's free for the first 30 days, then there is a monthly cost.
Explore Careers	5-8	This website has a survey to help kids explore different careers that they may be interested in.
Growth Mindset Activities for Kids	ALL	This is a list of growth mindset activities for kids.
Growth Mindset Activities for Kids	K-5	This website has free downloadable content to promote growth mindset in kids and parents.
Growth Mindset Activities for Teens	6-8	This website has free downloadable content to promote growth mindset in teens.
Kindness Challenge	ALL	Have your child keep track of the kind gestures

		they do to others and what type of kindness they receive back from others. Click here for kindness ideas.
Movies that Inspire Empathy	ALL	Empathy is an important life skill. Click here for a list of movies that inspire empathy. There is something in here for all ages!
Mr. Rogers	K-2 3-5	Mr. Rogers is offering 5 free episodes every other Monday on this website .
Online Safety	6-8	This website has videos and activities to help promote online safety for teens.
Resiliency Skills	K-2	Sesame Street characters teach kids about resilience and confidence using short videos.
SEL Book List	K-3	This blog includes a list of reviews of books that foster SEL in kids. You can search by topic.
Social-Emotional Games for Kids	K-3	This is a list of social-emotional learning games that you can play with your kid(s).
SEL Questions for Screen Time	ALL	A fellow school counselor created this list of questions to ask kids about while watching movies or TV to foster social-emotional learning!
The Imagine Neighborhood Podcast	K-3	This is a great new podcast for children and their families that talks about feelings . They are continually adding podcasts that are relevant to what's happening in our world!
Brain-Break Ideas		
5 Easy Experiments for Kids to do at Home!	K-3	Click here for 5 easy experiments for kids to do at home. These are great activities to do during our spring break, or throughout the rest of the school year!
20 Educational Games & Activities Kids Can Do with Alexa	ALL	This article provides 20 educational games and activities that your student can play using the Amazon Alexa.
50 Ideas of Things Kids Can Do	ALL	This was created by a principal and lists 50 low-tech or no-tech activities kids can do during digital learning days.
Board Games that Build SEL Skills	ALL	This is a list of fun board games that emphasize social-emotional learning.
Cosmic Kids Yoga videos	K-5	This link has various yoga videos for kids . This can be used with all grade levels, but is geared more for K-5.

Indoor Movement Ideas for Kids	ALL	This article has ideas for indoor activities to get kids up and moving.
Mindful Coloring pages	ALL	Here are a few coloring pages , all with mindfulness and growth mindset messages on them!
Non-Screen Activity Ideas	ALL	This link has a list of 25 ideas for non-screen activities that your student can do as a brain-break or just for fun!
Obstacle Courses	ALL	Build your own outdoors (or indoor!) obstacle course to get kids moving! Click here for some low-prep obstacle course ideas.
Stay at Home Care-Package	ALL	BigLife Journal has a great free resource, called the Stay At Home Care-Package. It includes ideas for indoor activities and games, things to do when bored and more, and is broken out for different ages.
Take a Walk!	ALL	Go for a walk around the neighborhood. It's important to get exercise and fresh air!
Yoga Ed. for Kids	ALL	This link has various yoga videos for kids in all grade levels.

RESOURCES FOR PARENTS & FAMILIES

Topic	Grade Level	Overview & Access Information
About Coronavirus		
Coronavirus & Helping Kids article	Parents	This article provides information about coronavirus, including FAQs about hand washing, anxiety and more .
Talking to Kids about Coronavirus article	Parents	This article gives you tips about talking with kids about coronavirus.
Talking to Kids about Coronavirus video	Parents	This video gives you tips about talking with kids about the coronavirus.
Talking to Tweens & Teens about Coronavirus article	Parents of Teens / Tweens	This New York Times article gives you tips for talking with teens and tweens about the coronavirus.
Stress and Anxiety Management for Adults		
8 Acts of Goodness Amid the COVID-19 Outbreak article	Parents	Amidst the current crisis, it can be helpful to look for acts of kindness and goodness in our world. Click here for an article about 8 acts of goodness happening across our world.
10 Well-Being Tips During the Days of COVID-19	Parents	The Center for Healthy Minds at the University of Wisconsin published this article with 10 tips for well-being . They continue to publish various resources and articles here .
Active Coping Calendar for April	Parents	The Action for Happiness organization helps people take action for a happier and kinder world. Click here to access their April Active Coping Calendar , which is full of simple strategies to incorporate this month!
Calm - A Mindfulness App	Parents	This app has various mindfulness ideas and meditations for all.
Coping with Stress During Disease Outbreaks	Parents	This flyer from SAMHSA with tips for coping with stress during disease outbreaks.
Daily Parenting Tips for Parenting during COVID-19 Crisis	Parents	The Child Mind Institute is publishing daily tips (via short videos) for parents to use and implement during the COVID-19 crisis. The tips are simple and easy to implement to help both you and your student. Click here for the video tips and click here to see all of what The Child Mind Institute is offering, including an email of these daily tips.

GMA: "Teaching Kids Stuck at Home" Interview with Rachel Simmons	Parents, especially those with students in 6-8	Rachel Simmons, author of <i>Odd Girl Out</i> and <i>Enough as She Is</i> , was recently interviewed on Good Morning America about how to best teach and support kids, especially teens, while they are learning at home. She offers great ideas!
Gratitude Letters	Parents	Practicing gratitude has proven to improve health over time. Click here for one way to practice gratitude - writing gratitude letters.
Helping Children Cope with Frightening News	Parents	This article provides things you can do/say to aid scared kids in processing grief and fear in a healthy way.
Helping Kids Manage Anxiety During a Pandemic	Parents	This article provides help strategies for parents to help guide children into successful anxiety management strategies.
Helping Kids Transition Article	Parents	This article from the Child Mind Institute has great recommendations to use to help your student transition from activity to activity.
How to Avoid Passing Anxiety to Children	Parents	This article provides strategies for how to avoid passing your own anxieties on to children.
Overcoming a Fear	Parents	This article provides tips and strategies to use to overcome fear and explains why it is important to do so.
Supporting Teens During the Coronavirus Crisis article	Parents of 6-8 graders	This article provides helpful tips about supporting your teen (or tween) during this time of uncharted territory.
Taking Breaks	Parents	It's important for students and parents to take breaks. Click here for 50 ways to take a break!
Taking Care of Your Mental Health in the Face of Uncertainty	Parents	This article shares 5 ways to care for your mental health during this challenging time. These tips are great for both students and parents!
What to Say to a Child Scared by the News	Parents	This article provides helpful strategies and tips to talk with kids about their fears and handle stress.
Social-Emotional Learning (SEL)		
Indoor Easter Activities to do with Your Kids	Parents of K-3	Click here for fun indoor Easter ideas to do with your kids!
Making Time for Unstructured Play	Parents	This article from The Child Mind Institute is about the importance of unstructured play time, especially during COVID-19. Click here to read the article and the short video with ideas for

		unstructured play for all ages!
Parents Guide to Healthy Conversations during Coronavirus	Parents	This website, by Growing Leaders, has 8 conversation starter ideas called Home Chats . These include topics such as structure, wise choices, relationships, positive attitudes, and more.
Talking to Your Kids about Social and Emotional Issues	Parents	This article provides strategies and recommendations about talking to your kids about social and emotional issues.
Teaching Kids Media Smarts During Breaking News	Parents	CommonSense Media wrote this helpful article about how to teach kids media smarts , especially during our 24/7 news cycle.
Why Is My Child So Angry? article	Parents	Kids (and adults) experience a variety of emotions, and especially so right now. Click here for an article exploring why your child might be angry and what you can do to support them.