

# **Resource Packet**

## **New London School Counseling**

### **4k-6th Grade**

- 1. Resources for Talking to Kids About Coronavirus**
- 2. Social-Emotional Learning Resources**
- 3. Online Learning/Enrichment Resources**
- 4. Mental Health Crisis Resources**

## **Resources for Talking to Kids About Coronavirus:**

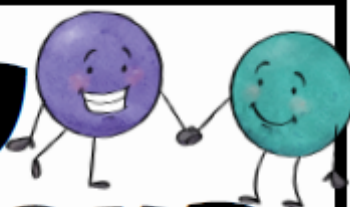
- **Helping Kids Who Are Worried About The Coronavirus**
  - <https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>
- **Talking to Children About COVID-19**
  - <https://www.fcps.edu/blog/talking-children-about-coronavirus>
- **PBS Kids: How to Talk to Your Kids About Coronavirus**
  - [https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurBPnE\\_L6Om\\_v30#.XmqzisKG7LA.facebook](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurBPnE_L6Om_v30#.XmqzisKG7LA.facebook)
- **Just for Kids: A Comic Exploring the New Coronavirus from NPR**
  - <https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>
- **Brain Pop Video About the Coronavirus**
  - <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- **ASCA Coronavirus Resources**
  - <https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>
- **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**
  - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w\\_2rzqWcel\\_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)
- **How to Talk to Kids About the Coronavirus**
  - <https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>
- **Resources to Help You Talk to Your Kids About COVID-19**
  - <https://blackwellcounselors.weebly.com/>
- **The Yucky Bug by Julia Cook**
  - <https://www.youtube.com/watch?v=ZD9KNhmOCV4>

## Social-Emotional Learning Resources

- **Active Screen Time Resource**
  - <https://www.gonoodle.com/for-families/>
- **Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**
  - <https://www.youtube.com/user/CosmicKidsYoga>
- **Ultimate Guide to Mental Health and Education Resources for Kids and Teens**
  - <https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>
- **Help Your Family De-Stress During Coronavirus Uncertainty**
  - <https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>
- **Videos for Sleep, Meditation and Relaxation**
  - <https://app.www.calm.com/meditate>
- **Progressive Muscle Relaxation for Kids**
  - <https://www.youtube.com/watch?v=cDKyRpW-Yuc>
- **Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8**
  - <https://www.vaview.vt.edu/>
- **Interactive Tool for Job Seekers and Students to Learn More About Their Career Options**
  - <https://www.mynextmove.org/>
- **Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**
  - <https://wedolisten.org/>
- **Mindfulness Websites/Activities**
  - <https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>
- **Giant List of Ideas for Being Home with Kids**
  - <https://docs.google.com/document/d/1o6kEgCKLn3cylm2hehHHSTIk7yRTd0C3zx49JS4wwCl/mobilebasic>
- **Character Lessons During the Virus School Closure**
  - [https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r\\_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt\\_YmF673teM-yZilyk-M](https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZilyk-M)
- **Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic**
  - <https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgI5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSecpAZfW2e2AcOYt3Kk>
- **Explore Brain Pop Videos and Activities**
  - <https://jr.brainpop.com/health/>
- **Coping Skills Resources**
  - [https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive\\_coping.html](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html)
- **10 Days of Live 'Choose Love' Lessons For Parents and Children**
  - <https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>
- **Kindness Videos**
  - <https://www.randomactsofkindness.org/kindness-videos>

# 30

## Things **YOU** can do for **YOUR** Emotional Health



Practice a breathing technique. <b>1</b>	Make a list of the feelings you can think of. <b>2</b>	Play emotion charades. Can your family guess your feeling? <b>3</b>	Write a letter to someone to let them know you appreciate them. <b>4</b>	Do your chores without being asked. <b>5</b>	Make a poster about KINDNESS for your classroom. <b>6</b>
Make a list of 10 ways to show respect at school. <b>7</b>	Explain to an adult what empathy means. <b>8</b>	Go outside and count how many things that are red. <b>9</b>	Make a list of 30 things you are grateful for. <b>10</b>	Practice hot cocoa breathing. Smell the cocoa and cool it off. <b>11</b>	Clean up without being asked. <b>12</b>
Make a list of 25 things you love. <b>13</b>	Write what it means to be a good friend. <b>14</b>	Make a list of all the ways you showed kindness this week. <b>15</b>	Write about your hero. <b>16</b>	Talk to an adult about your favorite place. <b>17</b>	Write a note to someone you miss. <b>18</b>
Practice sitting still for one minute. What sounds did you hear? <b>19</b>	Name 3 ways you can calm down in you are feeling stressed. <b>20</b>	Make a card for someone you love. <b>21</b>	Draw a picture of your future self. What is your career? <b>22</b>	Make a list of things that are important to you. <b>23</b>	Read a book. What feelings did you notice as you read? <b>24</b>
Ask an adult about a career they are interested in. <b>25</b>	Try to name 10 different colleges. <b>26</b>	Name 3 things you love doing and 1 thing you want to try. <b>27</b>	Name 3 things you can do to be helpful in your community. <b>28</b>	Play a game with someone. <b>29</b>	Name 5 things you love about yourself. <b>30</b>

## ACADEMIC

- ☐ [BrainPop](#)
- ☐ [KidsActivities.Com](#) (List of educational companies offering free subscriptions)
- ☐ [Amazing Educational Resources](#) (List of free educational resources)
- ☐ [Asking For Help In School](#)
- ☐ [Study Skills - Managing Your Time](#)
- ☐ [Thinking Skills + Video Games - Time Management](#)
- ☐ [Nearpod](#)

## SOCIAL/EMOTIONAL

- ☐ [Body Scan for Kids](#)
- ☐ [Guided Breathing](#)
- ☐ [Mindful Breathing](#)
- ☐ [Stress Relief](#)
- ☐ [Newsela SEL](#)
- ☐ [Calm](#)
- ☐ [Humble Warriors Yoga YouTube Channel](#)
- ☐ [Mindfulness for Distance Learning](#)

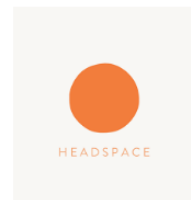
## COLLEGE AND CAREER

- ☐ [College + Career Readiness Video](#)
- ☐ [CareerOneStop](#)
- ☐ [Getting Into College - Info for Middle Schoolers and Families](#)
- ☐ [Education Planner - Career Clusters Activity](#)

## PARENT RESOURCES

- ☐ [Parent Toolkit](#)
- ☐ [What To Do \(And Not Do\) When Children Are Anxious](#)
- ☐ [Coronavirus Explained for Kids](#)
- ☐ [Coping with COVID-19](#) (Free download from The Guidance Alliance)
- ☐ [Remind.com](#)
- ☐ [A Parent's Guide To Google Classroom](#)

## APPS



## **Mental Health Resources**

\*With a signed release, your school counselor can partner with your child's therapist to ensure continued care into the school setting\*

**Mental Health Resources and Emergency Services Information (National and Local Crisis Resources):**<https://www.fcps.edu/resources/student-safety-and-wellness/school-psychology-services/mental-health-resources-and>

### **Mental Health Agencies That Provide School Based Mental Health Therapy**

When school is not in session and students are not at school, continued therapy services will occur in the offices of the providers. Each provider will contact their student client's parents to make appointments in their mental health offices.

- Sherman – 920-733-2065 - <https://shermanconsulting.net/>
- Integrity Counseling Services - 920-385-1420 <http://www.integritycounselingllc.net/>
- Open Trails – 920-585-8715 - <https://www.opentrailscounseling.com/> (provides school based therapy)
- Rawhide Counseling Services (Formally known as Chaps) – 1-877-300-9101  
<https://www.rawhide.org/who-we-help/counseling-services/>

### **Fox Valley Area Mental Health Agencies That Provide Child Therapy**

\*This is not an exhaustive list. There are many mental health organizations throughout the Fox Valley, Green Bay, and Waupaca Co. areas\*

- Samaritan – 920-886-9319 - <https://samaritan-counseling.com/>
- Catalpa Health – 920-750-7000 - <https://catalpahealth.org/>
- Psychology Associates of the Fox Cities – 920-738-9999 - <http://pa-fc.com/>
- Counseling Specialists LLP 920-882-9877 - <https://counseling-specialists.com/>
- Balke Counseling LLC – 920-231-1430 - <http://balkecounseling.com/>
- GJB Health Services – 920-560-4525 - <https://gjbhealthservices.com/>
- Psychiatric Consultants – 920-720-7000
- Esprit – 920-720-6000 - <http://espritcounseling.com/>
- Nourishing Eden (pre-teen to adult) – 920-358-0893 - <http://nourishingeden.com/>
- Evolve Counseling Services - 920-364-9078 <http://evolvehealing.org/>
- REACH Counseling - 920-426-1460 - <https://reachcounseling.com/programs/>
- Sexual Assault Crisis Center - 920-733-8119 - <https://sacc-foxcities.org/>
- Purple Lotus Counseling - 920-543-5583 - [www.purplelotuscounselingllc.com](http://www.purplelotuscounselingllc.com)