

# Brock Elementary School

## School Counseling Corner

COVID-19  
Newsletter

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

*BlessingManifesting*

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

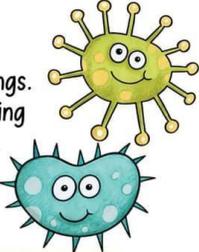
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

### Tips for Supporting Children During the Coronavirus Crisis

- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that **they are watching us** and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a **structure and routine** at home.
- Support **creative and outdoor play** in safe settings.
- Teach **healthy coping strategies** such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend **quality family time**.
- **Avoid watching the news** in front of them.
- **Read** with your child and access **free educational resources**.



MUSIC *city* SCHOOL *city* counselor

### Growth Mindset

- **Mind Yeti®**: Fifteen mindfulness program sessions are now available for anyone to use, no experience necessary. Designed for educators and families to do alongside children, or for older children to do on their own, Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.

### New Learning Platforms

- [Is your child new to Zoom? Check out this video!](#)
- [Is your child new to Google Classroom? Check out this video!](#)

Consider the following questions as your child adjusts to this new way of learning.

- How are you feeling about using online learning platforms?
- What are you most excited about? What are you most worried about?
- Do you feel comfortable using technology to talk to your teacher and classmates? If not, what could I do to help you feel more comfortable?

If you feel your child needs to talk to the counselor, please email me at [Kristen.silessi@stpsb.org](mailto:Kristen.silessi@stpsb.org).

**We miss all of our Brock students!!!**

## Resources to Help Talk to Children:

- [The Story Seeds Podcast: Coronavirus PSA: How to Fight the New Bad Guy in Town](#) by Jason Reynolds, the National Ambassador for Young People's Literature
- Sesame Street Video: [Sneezing and Coughing Safely](#)
- BrainPop Video: [Coronavirus](#)

KidsHealth has a great selection of [resources for parents](#) to use with children including:

- [What Is the New Coronavirus \(COVID-19\)?](#)
- [¿Qué es el coronavirus \(COVID-19\)](#)
- [Hand Washing: Why It's So Important](#)
- [Lavarse las manos: por qué es importante](#)

Free e-Books You Can Read with Children about COVID-19:



For older children there is [A Comic Exploring the New Coronavirus](#) based on a radio story on NPR. Experts at the University of Illinois School of Social Work, the LSU Health Sciences Center in New Orleans, and the National Institute of Mental Health all contributed to the making of the comic.