

SPARTAN COUNSELOR CORNER

White Station Elementary School Counselor Info

WSE Parents,

We hope you all are doing well. We miss our students and want to share some information with you when discussing what's going on in our country, as well as, globally. Don't be afraid to discuss the coronavirus with your kids. Most children have already heard about the virus and have seen people wearing face masks and/or gloves and may be experiencing anxiety and fear due to the uncertainty of what's to come. You shouldn't avoid talking about it. Not talking about something can make kids worry more. View the conversation as an opportunity to convey the facts and set the emotional tone. We have listed a few online resources to assist you with discussing COVID-19, as well as, resources for Social/Emotional Learning (SEL) and coping skills strategies while the students are at home.

Social/Emotional Learning (SEL) Online Resources

Talking about the virus with your child:

1. <https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus2020030719111>
2. <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
3. https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf
4. <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-%28coronavirus%29-a-parent-resource>
5. <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus>
6. <https://www.elespectador.com/coronavirus/el-coronavirus-explicado-para-ninos-articulo-907745?fbclid=IwAR2-0XLGK7wUAhf464YUxyXfb-NKrZRYBkCsoDJYG7hOvFYggyBUTsDRrNg>
(Spanish)

Additional Social/Emotional Learning Resources:

1. <https://tinyurl.com/RODMAN-SEL>
2. <https://www.centervention.com/social-emotional-learning-activities/>
3. <https://www.thepathway2success.com/free-social-emotional-learning-resources/>
4. <https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/#Child-Anxiety>
5. <https://www.youtube.com/user/CosmicKidsYoga>
6. <https://www.youtube.com/watch?v=cDKyRpW-Yuc>
7. <https://www.storylineonline.net/>
8. <https://www.thespanshexperiment.com/stories>
(Spanish)

Coping Skills

What can you do to help yourself feel better?

- Take ten deep breaths
- Color or draw
- Dance
- Listen to music
- Stretch your muscles
- Talk to an adult
- Hug your pillow
- Build with blocks
- Get a drink of water
- Think of a happy memory
- Read a book
- Write about your feelings
- Imagine a calm place

School Counselors:

B. Freeman
freemanbd@scsk12.org

C. Camphor
camphorc@scsk12.org