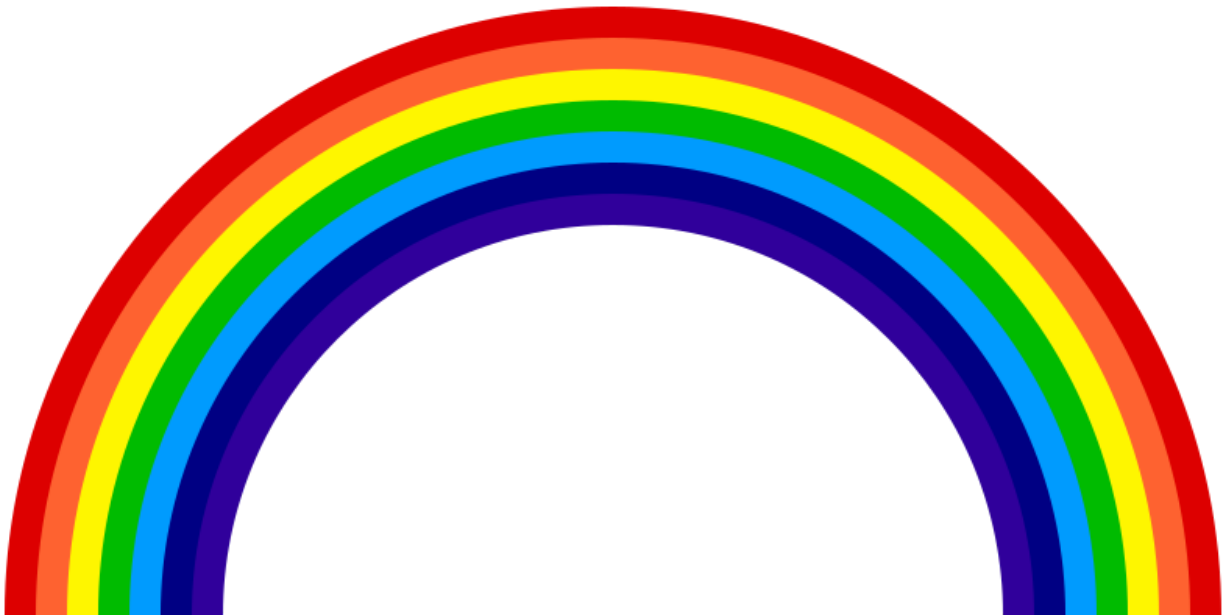


Social Emotional Learning Resources

Created by the Mental Health Staff of the Valley Stream

UFSD #13

3/31/20



How to Speak to Children About the Coronavirus

March 16, 2020

Dear Valley Stream UFSD Thirteen Parents and Guardians:

Below are some online resources with suggestions on how to speak to your children and manage your own feelings as we all go through this Public Health Crisis together. Remember that in order to take care of your own children it is important to also do some self-care. As adults it is normal to feel the impact which comes with a mixture of emotions as information changes on a daily basis. It is important to stay informed and update to date, but be sure to rely only on credible sources like the New York Times and CDC, and not overwhelm yourself with information from social media. When these emotions become overwhelming it is time to shut off the TV and shift your mindset. Take a walk, play a board game, cook a great meal. Physical activity is a great way to calm down the soul for both children and adults.

Links About How to Speak to Children about the Coronavirus and Manage Anxiety Symptoms

Source: [National Association of School Psychologists](#)

[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](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)

Source: [Child Mind Institute](#)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Source: [Yale University](#):

<https://www.yalemedicine.org/stories/covid-19-anxiety/>

Source: [Harvard Medical School](#)

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020-03-07-19111>

Source: [Autism Speaks](#):

<https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

Source: [CHADD](#)

<https://chadd.org/we-will-be-here-for-you/>

Source: [Anxiety and Depression Association of America](#)

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Source: Breathe For Change

<https://www.breathe4change.com/>

Source: PBS for Parents

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2VSHGO-5w0rWRTTrFKH1aPSva3eRKgmspNeGT7zapqy4JK3CDx80y5J76E>

Source: Easterseals

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

Source: NPR

Just for Kids: A Comic Exploring the New Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploringthe-new-coronavirus>

Autism Resources

Source: [Autism Speaks](#)-resources more directly related to individual with Autism

https://www.autismspeaks.org/covid-19-information-and-resources?utm_source=email&utm_medium=text-link&utm_campaign=national

Source: [Behavior Analyst Certification Board](#)

https://www.bacb.com/bacb-covid-19-updates/?fbclid=IwAR06goynz9K0HhsMUUMvgGJNIYfe_sbjwo-dVq6tnAkZj_5567663jf0r9s

Source: [Association of Professional Behavior Analysts](#)

https://cdn.ymaws.com/www.apbahome.net/resource/collection/1FDDBDD2-5CAF-4B2A-AB3F-DAE5E72111BF/CDC_community-mitigation-strategy.pdf

Source: [Counsel of Autism Service Providers](#)

<https://casproviders.org/coronavirus-resources/>

Coping Resources

Yoga for Kids - Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Cosmic Kids Zen Den Mindfulness for Kids

<https://www.youtube.com/watch?v=2oF5JL-Q-00>

Storybots - Emotions Video:

<https://www.youtube.com/watch?v=akTRWJZMks0>

Emotion Regulation Activity For Kids

<https://media.centervention.com/pdf/54321-Grounding-Emotion-Regulation.pdf>

Action for Happiness - Coping Calendar

<https://www.actionforhappiness.org/coping-calendar>

Online Yoga-Center for Wellness and Integrative Medicine-Click on the schedule link.

Sign up for the class you want to take, and they will send you a link to that class.

ALL ONLINE CLASSES ARE FREE!

NorthwellCWIM.com

Multilingual support story for kids called; A Curious Guide for Courageous Kids.

www.hands-on-international.net/free-covid-19-guide-for-children/

Helping Children Ease Anxiety

http://merrick.syntaxny.com/Assets/Continuity_of_Learning/Helping_Children_Ease_Anxiety.pdf?t=637205586309070000

Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!



3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.



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For more resources, visit www.ngematerials.com. Numbers in the worksheet are licensed from
Dynamilis from the Pond 10/27/2019 pond.blogspot.com

FINANCIAL ASSISTANCE

- Unemployment Insurance:
www.labor.ny.gov/unemploymentassistance.shtm
1-888-209-8124
New extended hours; M-Th 8AM-7:30PM
Fri 8AM-6PM
Sat 7:30AM-8PM
- www.greenpath.com 1-800-5001961
for assistance with foreclosure prevention, debt counseling and budgeting
- DSS (Department of Social Services) Nassau County
60 Charles Lindbergh Blvd.
Uniondale, NY
www.nassaucounty.gov/1895/Social-Services
Emergency Assistance, Snap, Daycare Assistance
516-227-8519
- United Way - COVID-19 Community Economic Relief Fund
Help with rent, bills and food.
Call 211, provide your zip code, and you will be given a list of local agencies to provide assistance.

UTILITIES

- New York American Water
1-877-426-6999 7AM-7PM
Call to prevent shut off, request turn on (NO ONE will be without water at this time)
Arrange for assistance with bills
- National Grid
www.nationalgridus.com/Long-Island-NY/Bill-Help/Help_MakingPayments
516-792-7284
Bill payment help programs. Temporary billing suspension program

FOOD RESOURCES

- Holy Name of Mary
By Appointment- Sister Margie
516-8250177
65 East Jamaica Avenue
Valley Stream, NY 11580

- House of Hope
22 East Fairview Avenue
Valley Stream, NY 11580
Emergencies by appt.
Norma Pascuale: 516-887-1708
Accepting New Clients after April 1, 2020
Curbside Pickup at this Time

- LI CARES
Mobile Home Food Delivery Due to Covid-19 outbreak
1-631-582-3663x109
Ask for EMERGENCY RESPONSE MOBILE Delivery
Allow 24-48 hours for a call back

DAYCARE INFORMATION and ASSISTANCE

- Right At School
Kathleen Rainsbottom Area Manager
For District Children (at this time for First Responders and Essential Workers)
516-675-1071
1-855-ATSCHOOL

- Child Care Council of Nassau , Inc.
Free Resource Information and Referrals
516-358-9250

- DSS Nassau County Day Care Unit
516-227-7976
nassaucountyny.gov/1902/Day-Care

Housing Insecurity / Temporary Housing Assistance

- NYSTEACHS Infoline: 1-800-388-2014

CORONA VIRUS Information Lines:

- Nassau County Corona Virus Call Center: 516-227-9570
- NYS Corona Virus Hotline : 1-888-364-3065

Need To Talk to Someone: 24/7

- SAMSHA Disaster Distress Helpline
1-800-985-5990
English and Spanish
Or text: TalkWithUs 66746
- NYS OMH Emotional Support Line
1-844-863-9314
7 days a week 8AM-10PM
Free and confidential support helping callers with anxiety due to the corona virus emergency.
Staffed by volunteer Licensed NYS mental health professionals

HEALTH INSURANCE:

- Market Place:
www.nystateofhealth.ny.gov
1-855-355-8777
Special open enrollment period-open through 4/15/20

DSS Nassau County:

- 516-227-85519
Medicaid applications

Supports for Families with a Special Needs Child

The Parent Support Network (Virtual Parent Support Groups)

<https://ymhproject.org/parent-support-network/>

Parent to Parent NYS

<http://parenttoparentnys.org/>

Family Support/Activities

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Tips for Making a new Routine:

<https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine>

MINDFULNESS

We are all feeling a little anxious right now, which is a natural response to what has been going on worldwide. Practicing Mindfulness helps support kindness and compassion that will carry us through this challenging time. Mindfulness will also help us cope with the number of emotions we are experiencing, from moment to moment, while providing us with the ability to deal with our feelings appropriately. Below, we have included a list of resources, activities, videos, and apps for you and your family to practice during this potentially difficult time.

We wish you all many calming moments in the days to come. May you be happy. May you be healthy. May you be peaceful. May you be strong.

Helpful Resources for Parents:

- [Ways to Help Your Children with Coronavirus Anxiety:](https://www.littlefloweryoga.com/blog/5-ways-to-help-children-with-coronavirus-anxiety/?fbclid=IwAR1ekBoxlOEFsflgXv12OV4m9ILlorvduZ83Xba_4DUiow5_18ejW1fEZzk)
https://www.littlefloweryoga.com/blog/5-ways-to-help-children-with-coronavirus-anxiety/?fbclid=IwAR1ekBoxlOEFsflgXv12OV4m9ILlorvduZ83Xba_4DUiow5_18ejW1fEZzk
- [Take a Break, Keep Perspective, Be Kind in Uncertain Times:](https://www.mindfulschools.org/personal-practice/take-a-break-keep-perspective-be-kind-in-uncertain-times/?fbclid=IwAR3aimpTW3vs1L50suB0dQlvcTutErGiF16HUjPNd8OQtcsy86r9kXQMmZw)
<https://www.mindfulschools.org/personal-practice/take-a-break-keep-perspective-be-kind-in-uncertain-times/?fbclid=IwAR3aimpTW3vs1L50suB0dQlvcTutErGiF16HUjPNd8OQtcsy86r9kXQMmZw>
- [How Mindfulness Can Help you Navigate the Coronavirus Panic:](https://www.mindful.org/how-mindfulness-can-help-you-navigate-the-coronavirus-panic/)
<https://www.mindful.org/how-mindfulness-can-help-you-navigate-the-coronavirus-panic/>
- [UCLA Mindful Awareness Research Center:](#)
[Breathing and Body Scan Meditations \(Audio and Transcripts in English and Spanish\):](#)
[Guided Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA](#)

Helpful Resources & Activities for Students:

- [BrainPop Video \(Coronavirus: Grades 3 and up\):](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/)
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- [Free Mandala Coloring Pages:](https://mondaymandala.com/)
<https://mondaymandala.com/>
- [Practice Mindfulness in Nature.:](#)
Take a mindful walk outside where you can practice tuning in to the sounds,

smells, and sights of your surroundings. Enjoy the sounds of the birds, how the breeze feels on your skin, and the different smells you notice as you walk to and from different places. Practice on being quiet and paying attention to what is around you.

- [Make a Gratitude list:](#)

Write, draw, or share 5 things that you are grateful for in your life. Some examples may be special people in your life, nature, food...

- [Mindful Journaling:](#)

Mindful Journaling is a way for you to express your feelings and give yourself an opportunity to reflect on your experiences in a thoughtful manner. Some suggested writing prompts:

What are 5 things you love about yourself?

What is the nicest thing someone has ever said or done for you?

Who are your greatest role models? Do you have any of those qualities in yourself?

- [“Brain Dump” Writing:](#)

This activity allows you to “unload” all of your thoughts that you are aware of, in that moment, by writing them down for two continuous minutes.

Videos

- [Karma Kids Family Yoga:](#)
<https://www.youtube.com/watch?v=AjwAvREIbu0>
- [Karma Kids Partner Poses:](#)
<https://www.youtube.com/watch?v=QHht9Xvf1fA>
- [Square Breathing:](#)
<https://www.youtube.com/watch?v=YFdZXwE6fRE&feature=youtu.be>
- [Rainbow Breathing:](#)
<https://www.youtube.com/watch?v=O29e4rRMrV4&feature=youtu.be>

Apps:

- Insight Timer
- 10% Happier: <https://www.tenpercent.com/coronavirussanityguide>
- Breathe Kids