



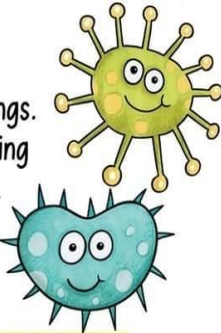
# Supporting Your Mental & Emotional Health

Your Maggie family misses you!



## Tips for Supporting Children During the Coronavirus Crisis



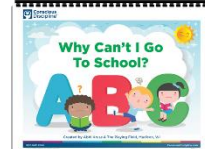


- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to 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 COUNSELLOR

Kate Hoefield, ADU Fort Worth, West Paris, TX

### Free Downloadable Social Story Books

<p><b><u>Coronavirus Is a Big Word.</u></b>  <a href="https://consciousdiscipline.com/resources/coronavirus-is-a-big-word-social-story/">https://consciousdiscipline.com/resources/coronavirus-is-a-big-word-social-story/</a></p>	
<p><b><u>My Parent Is a Safekeeper</u></b>  <a href="https://consciousdiscipline.com/resources/social-story-my-parent-is-a-safekeeper/">https://consciousdiscipline.com/resources/social-story-my-parent-is-a-safekeeper/</a></p>	
<p><b><u>Why Can't I Go to School?</u></b>  <a href="https://consciousdiscipline.com/why-cant-i-go-to-school-social-story/">https://consciousdiscipline.com/why-cant-i-go-to-school-social-story/</a></p>	
<p><b><u>Wearing a Mask</u></b>  <a href="https://www.teacherspayteachers.com/Product/Wearing-A-Mask-Story-for-Children-5463572">https://www.teacherspayteachers.com/Product/Wearing-A-Mask-Story-for-Children-5463572</a></p>	
<p><b><u>Masks &amp; Gloves</u></b>  <a href="https://consciousdiscipline.com/resources/masks-and-gloves-social-story/">https://consciousdiscipline.com/resources/masks-and-gloves-social-story/</a></p>	

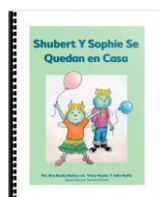
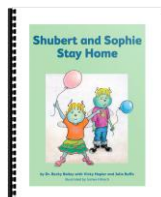
### Shubert and Sophie Stay Home

English Version

<https://consciousdiscipline.com/resources/shubert-and-sophie-stay-home/>

Spanish Version

<https://consciousdiscipline.com/resources/shubert-y-sophie-se-quedan-en-casa/>



# Manage Your Strong Feelings

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

**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

*BlessingManifesting*

**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

A Free Downloadable  
**Coping and Coloring Book**  
Created by LSU Health New Orleans



<https://www.lorriyasenik.com/wp-content/uploads/2020/04/CarolineConquersHerCoronaFears.pdf>

### Rainbow Breath

<https://youtu.be/O29e4rMrV4>

### Create a calming skills box or bag!

- Grab your container and add in...
- Something to make you laugh (maybe a joke, a silly picture.)
- Something cozy (stuffed animals, stress ball)
- Something that smells good (lotion, essential oils)
- Something distracting
- Puzzles, word searches, finger knitting (<https://youtu.be/h3BEgP5s9Pg>) etc.
- A calming mantra (Just keep swimming or I can handle this, or create your own, be creative!)

### Balloon Breath

<https://youtu.be/gmTXtFJCrN8>

### Mindful scavenger hunt

- 1 thing you can see
- 1 thing you can taste
- 1 thing you can smell
- 1 thing you can touch
- 1 thing you can hear

### EASIEST PLAY DOUGH RECIPE EVER

- 1 Cup Flour
- 1/4 Cup Salt
- 1/2 Hot Water
- 2 tbsp Oil
- Food Colouring

## STPPS Mental Health Support

<http://www.stpsb.org/coronavirus/mentalhealth.html?fbclid=IwAR32sJ8uq-LA6jv7B0hn8ebGvISQHf17b08bqvUzFmJx9rda9nqS-SQFn10>



**Mental Health Support**

If you are feeling overwhelmed with stress, fear, or anxiety about the uncertainty surrounding this public health emergency, there are services available. These resources connect you to a variety of services from advice to trained counselors.

**STPPS Cares Helpline**

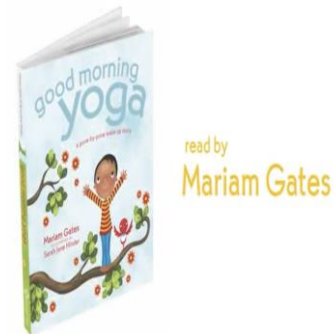
STPPS Mental Health Providers are available to support families through the STPPS Cares Email Helpline at [mentalhealth@stpsb.org](mailto:mentalhealth@stpsb.org). Email the helpline to get personalized guidance on resources and tools for supporting students, families and employees directly from members of the STPPS Mental Health Team.

#STPPSCares Playlist

### Kids Yoga/Meditation

<https://youtu.be/u-a4iOERMRS>

[https://youtu.be/Bk\\_qU71-fcU](https://youtu.be/Bk_qU71-fcU)



Please reach out your school MHP via email for extra support as needed during the extended school closure.

Mrs. Danielle Barrosse, MHP  
[Danielle.barrosse@stpsb.org](mailto:Danielle.barrosse@stpsb.org)

Remember, we can handle this...  
Just keep swimming!