

A Note from Student Services

March 23- 27

Every week, the Student Services staff from Campbell Union School District will send out activities to help kids with their social-emotional learning. These activities help us focus on positives, calm worry thoughts, and identify our feelings.

Mon.

Flower Breathing

Take a deep breath in and imagine that you are smelling a flower. Think about what it smells like. As you exhale, pretend that you are blowing on the flower, making its petals move. Think about what they would look like as they move.



Courtesy of [Counselor Chelsey](#)

Worry Timer

Set a timer for 5 minutes. This is your worry and question time with a trusted adult. For these 5 minutes, you should talk with your adult about any worries or any questions you have.

After the 5 minute timer goes off- worry time is done! Find another activity to do to distract your brain. If you have trouble, use one of the worry-stopping strategies below.

If you find you have a lot of worries, set a worry timer with an adult each day. Remember, once your worry time is done, you find something fun to do!

THOUGHT STOPPING strategies for kids



Say, "Stop!" in your mind



Snap your fingers



Imagine a big red stop sign



Picture your worry as a bug. Squash it!



Picture your worry as a balloon. Pop it!



Get up and move!



Sing a song



Replay a memory



Set a timer

Tues.

Practice following along with a Calm bubble on YouTube. My favorite is [here](#). Or, find your favorite stuffed animal and practice breathing.

Breathing Buddy

Lay on your back and place a stuffed animal, or any small object on your belly. As you breathe in and out, watch the object move up and down.



Courtesy of [Counselor Chelsey](#)

Daily Plan

Create a schedule for your day with your adult. Include a list of activities that you can do by yourself, in case your adult is working or not available.

Check off each activity as you finish them.

Ideas for your day:

- Reading time
- Exercise
- Healthy Snack
- Art Time
- Math time

You can use [this template](#) if you like.

Wed.

Yoga

Learn a new yoga move! Yoga helps us calm our body and brain, and it is fun too! Either practice the poses below or watch videos from [Cosmic Kids Yoga](#)



Room Search

Choose a category below and find everything in your room that fits. Use this to calm your brain if it feels bored, lonely, sad, or worried.

- Everything that is green
- Everything that is a square
- Everything that is shiny
- Everything that has letters or numbers



Thurs.

Say Something Book Read and Draw

Watch or read [Say Something](#) by Peter H. Reynolds. On a piece of paper, write or draw 5 things that you are great at!



Kindness Day!

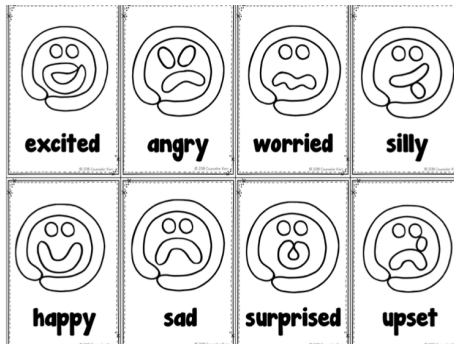
Try to do 5 kind things today. You can use the ideas below to help you!

- Write a kind note to a friend or family member
- Do a chore that you don't normally do to help around the house
- Say a kind compliment either to someone at your house, or call someone on the phone
- Write a thank-you note to someone that helps keep you healthy.
- Draw a picture for someone
- Help someone- either a sibling or a parent

Fri.

Playdough Feelings

Use Playdough, blocks, beads, or whatever you have at your house to practice making different feeling faces. If you have an adult to help, can [make your own](#) playdough with the recipe in the link!



Courtesy of [Counselor Keri](#)

Mindful Coloring

Choose a color for each feeling:

- Angry
- Happy
- Sad
- Worried
- Excited
- Calm

Color a picture using the colors of what you are feeling right now. You can use [this template](#) as a coloring page if you want!

Videos: Click on the blue link

Day of Week	Video Links
Monday	Achy Breaky Heart Knicky Knacky Knocky Knoo
Tuesday	DISCO The Llama Song
Wednesday	Hokey Pokey Twist N' Shout
Thursday	Whirling Happiness Be Kind
Friday	Cat Party Happy Merry Everything

Talking to Kids About the Coronavirus

EN ESPAÑOL

Kids worry more when they're kept in the dark

Rachel Ehmke

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be.

Here is some advice from the experts at the Child Mind Institute.

- Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to [avoid encouraging frightening fantasies](#).
- Deal with your own anxiety. "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that [you are feeling anxious](#), take some time to calm down before trying to have a conversation or answer your child's questions.

- Be reassuring. Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.
- Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The [CDC recommends](#) thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.
- Stick to routine. "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or [summer vacation](#). Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.
- Keep talking. Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"