

March 14, 2020



Dear ASB Families,

This time away from our school building may provide students (and adults) with a wide range of feelings, including feelings of uncertainty, anxiety, fear, and unrest, as we transition to digital learning and navigate the new territory of doing so. We are social creatures by nature, so it's important to continue to monitor and support our students' social and emotional health and wellbeing. It's important that us as adults do our best to support our students.

Here are a few tips from the American Academy of Pediatrics and The Child Mind Institute:

1. Don't be afraid to discuss the coronavirus with your kids. Kids are more afraid when they don't know the facts.
2. Deal with your own anxiety about the virus. Kids will take your cues on how anxious they should feel.
3. Be developmentally appropriate.
4. Focus on what you and they are doing to stay safe and have good hygiene.
5. Be reassuring to them.
6. Stick to your routine (i.e. wake up around same time, eat meals at similar times, go to bed at similar time, etc.).
7. Tell kids that school and other closures are positive and not a sign of doom.
8. Be mindful of the media your kids (and you!) are consuming. There is a lot of misinformation out there!
9. Keep talking and tell them you will update them when you learn more.

Additionally, I want to provide access to various resources to support our students and our families. These resources range from ways to talk to students about the school closure and coronavirus *to* ways to reduce stress and anxiety during challenging moments *to* social-emotional-learning strategies you can implement at home *to* "brain break" ideas to use during these digital learning days that have the

potential to require more screen time than normal. These resources are below; there is a section for students, organized by grade level, and a section for parents and families.

If you or your student would like to connect with me during our digital learning days, you can do so in the following ways:

- **Email:** feel free to email me at cdahl@asbschool.org. I will do my best to respond as soon as possible.
- **Phone Call:** We can set up a phone call. Please email me to set up a time to talk and I will send you the best phone number to reach me.
- **Zoom Meeting:** I can set up a video call with you and/or your student to meet virtually. Please email me with your preferred date/time, and I will send you a link for our Zoom meeting.

While I will continue to strive to maintain your privacy, confidentiality cannot be guaranteed through remotes means such as email, phone, and/or video conferencing. By participating in a remote meeting with me, you are indicating that you understand these limits to confidentiality.

If your student needs immediate or on-going mental health support, the following resources are available to you:

- Reach out to [Washington's Mental Health Referral Service for Children and Teens](#).
- Consider contacting your student's primary care provider, a parent/guardian's employee assistance program, or a student's insurance company to be connected with mental health support options.
- King County 24-Hour Crisis Line: 1-866-427-4747
- National Suicide Prevention Lifeline: 1-800-273-8255
- 24/7 Crisis Text Line: Text "HOME" to 741741
- If you have an immediate concern for someone's safety, call 911. They will send professionals to do a check on the person's welfare.

Thank you for your support and partnership as we move to our digital learning days. My goal is to continue to support our students and our families in new ways during this time of transition from our regular school schedule. Thank you for your patience and understanding!

Sincerely,
Christy Dahl
School Counselor

RESOURCES FOR STUDENTS

Topic	Grade Level	Overview & Links to Access
About Coronavirus		
Understanding Coronavirus for Kids	ALL	This comic gives kids important facts about the coronavirus.
What is the Coronavirus for Kids	ALL	This short video provides kids with important facts about the coronavirus.
Stress and Anxiety Management		
Anxiety & Stress Relief Lessons	ALL	This 6-lesson program teaches kids to understand, control and manage their anxiety. Note: there is a cost to purchase the lessons.
Breathing Technique Cards	ALL	Click here to access a few different types of calm breathing techniques to use with kids.
Calm - A Mindfulness and Meditation App	ALL	This app with various mindfulness music, stories, ideas and meditations for kids and adults.
Cosmic Kids Yoga videos	K-5	This link has various yoga videos for kids . This can be used with all grade levels, but is geared more for K-5.
Grounding Technique Cards	ALL	Use the Ground Technique cards when kids are having trouble being/remaining calm.
How to Make Calming Jars	K-5	This is a video with instructions to create DIY calming jar for kids . This can be used as an in-the-moment tool to help kids calm down.
Yoga Ed. for Kids	ALL	This link has various yoga videos for kids in all grade levels.
Social & Emotional Learning (SEL)		
Apps to Build Emotional Intelligence for Kids	ALL	This list of apps and games helps kids to build and develop emotional intelligence, an important skill for all.
Board Games that Build SEL Skills	ALL	This is a list of fun board games that emphasize social-emotional learning.
Growth Mindset Activities for Kids	ALL	This is a list of growth mindset activities for kids.
SEL Book List	K-3	This blog includes a list of reviews of books that foster SEL in kids. You can search by topic.
Social-Emotional Games	K-3	This is a list of social-emotional learning games that you

for Kids		can play with your kid(s).
Brain-Break Ideas		
Board Games that Build SEL Skills	ALL	This is a list of fun board games that emphasize social-emotional learning.
Cosmic Kids Yoga videos	K-5	This link has various yoga videos for kids . This can be used with all grade levels, but is geared more for K-5.
Indoor Movement Ideas for Kids	ALL	This article has ideas for indoor activities to get kids up and moving.
Take a Walk!	ALL	Go for a walk around the neighborhood. It's important to get exercise and fresh air!
Yoga Ed. for Kids	ALL	This link has various yoga videos for kids in all grade levels.

RESOURCES FOR PARENTS & FAMILIES

Topic	Grade Level	Overview & Access Information
About Coronavirus		
Coronavirus & Helping Kids article	Parents	This article provides information about coronavirus, including FAQs about hand washing, anxiety and more .
Talking to Kids about Coronavirus article	Parents	This article gives you tips about talking with kids about coronavirus.
Talking to Kids about Coronavirus video	Parents	This video gives you tips about talking with kids about the coronavirus.
Talking to Tweens & Teens about Coronavirus article	Parents of Teens / Tweens	This New York Times article gives you tips for talking with teens and tweens about the coronavirus.
Stress and Anxiety Management for Adults		
Calm - A Mindfulness App	Parents	This app has various mindfulness ideas and meditations for all.
Coping with Stress During Disease Outbreaks	Parents	This flyer from SAMHSA with tips for coping with stress during disease outbreaks.
Helping Children Cope with Frightening News	Parents	This article provides things you can do/say to aid scared kids in processing grief and fear in a healthy way.
How to Avoid Passing Anxiety to Children	Parents	This article provides strategies for how to avoid passing your own anxieties on to children.
Overcoming a Fear	Parents	This article provides tips and strategies to use to overcome fear and explains why it is important to do so.
What to Say to a Child Scared by the News	Parents	This article provides helpful strategies and tips to talk with kids about their fears and handle stress.
Social-Emotional Learning (SEL)		
Talking to Your Kids about Social and Emotional Issues	Parents	This article provides strategies and recommendations about talking to your kids about social and emotional issues.