

May 29, 2020



Dear ASB Families:

Happy Walk-a-Thon Friday! I hope your student enjoys participating in the Walk-a-Thon in your neighborhood today. What a great way to get outside and support ASB!

This weekend concludes Mental Health Awareness Month. The current situation continues to challenge our mental health, among many other challenging aspects of this pandemic. Some of us may be grieving things we usually get to do at this point in the school year, and especially so as we near the end of the school year and the traditions that the end of the year brings. Growing Leaders published an article, [How to Help A Student Who Just Lost Their Senior Year](#). Although it's focused on seniors in high school, there are important takeaways that are very applicable to our community. The author suggest five steps we can take to support students who are missing out on exciting activities (whether it be graduation, end-of-year activities, in-person birthday parties, and so on):

1. **Acknowledge the disappointment and loss.** Having a conversation, led with empathy, where you specifically acknowledge that there are disappointments and losses right now is critical.
2. **Stage an alternative rite of passage.** How can you re-envision those celebrations so that it's a positive memory to look back on? There are so many creative ways to celebrate!
3. **Enable them to turn their focus outward.** Research shows that helping others builds skills to overcome future challenges and it helps us to feel more connected and supported.
4. **Tell stories of heroes that overcame past tragedies.** While no other generations have gone through the COVID-19 pandemic, there have been many tragedies that others have overcome. We are resilient beings and we will get through this!
5. **Help them shape their internal narrative.** Our internal narrative can influence our life as much as reality itself. How can we support our students to build positive, growth oriented internal narratives?

Below is a list of social emotional learning resources, stress management tools and other resources. The full list of resources offered before spring break are linked to at the top of the resource pages below. New resources this week are in **purple font**.

As always, please feel free to reach out to me for help and support. I'm here to support the emotional well-being and mental health of your student. I'd love to connect with your kiddo! Thank you for your continued partnership.

All the best,

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## RESOURCES FOR STUDENTS

[Click here](#) for the full list of resources offered before spring break.

Topic	Grade Level	Overview & Links to Access
<b>Stress and Anxiety Management</b>		
3 Ways to Ease Children's Anxiety in Uncertain or Unstructured Times	ALL	A fellow school counselor wrote <a href="#">this post</a> with three ways to ease anxiety for children during these uncertain and potentially unstructured times. An excellent read!
<b>8 Benefits of Mindfulness for Kids</b>	ALL	<b><a href="#">This article</a>, written by a fellow school counselor, discusses why mindfulness is an important tool for kids to learn.</b>
Calm Corner at Home	K-2	A fellow school counselor wrote <a href="#">this article</a> about how to create a calm corner in your own home. Calm corners can be very useful for younger students to help them to regulate their big emotions.
Coping Strategies to Help Children Stay in Control of their Thoughts	3-8	A fellow school counselor created this list of <a href="#">coping strategies</a> that are great for kids to develop over time so they are more in control of their thoughts.
Daily Mindfulness Bingo	ALL	A fellow school counselor created this <a href="#">Daily Mindfulness Bingo</a> .
Mindfulness for Kids	ALL	Mindful Schools has created ten free mindfulness classes for kids. Each class is 30 minutes or less and can be done independently. <a href="#">Click here</a> to access the 10 classes.
"Stop, Breathe, Think" App	K-2	This app is a great app to use to incorporate mindfulness for kids! <a href="#">Click here</a> to learn more about the app and to download.
<b>Social &amp; Emotional Learning (SEL)</b>		
11 Picture Books that Teach About Giving to Others	K-2	<a href="#">Click here</a> for a list of 11 picture books that teach children about giving to others. Helping and giving to others can help kids to find purpose and even lower stress levels!
22 Novels to Help Students Process the Pandemic	6-8	<a href="#">This list</a> is a great resource for middle school students looking for a new book to read, especially during these uncertain times!
Books about Patience	K-2	<a href="#">Click here</a> for a list of 17 picture books that teach the importance of patience.
FirstAid for Feelings Workbook	K-5	<a href="#">This workbook</a> is a great resource for students to complete! It includes worksheets about feelings around the

		coronavirus pandemic and provides healthy coping skills for students to manage their feelings during this time.
Family Conflict Questions List	ALL	With families spending extra time at home and under stressful circumstances, there is sure to be more conflict and tension than usual. This is normal and to be expected. A fellow school counselor created this helpful <a href="#">1-page PDF with family conflict language and questions</a> to use with your child after a conflict to restore relationships and hopefully prevent future negative incidents.
Family Selfie Scavenger Hunt!	ALL	Complete a <a href="#">selfie-scavenger hunt</a> with your kiddos! This is a fun way to incorporate social-emotional learning with your family while getting everyone up and moving!
Family Talk Game Board	ALL	Looking to play a fun board game? <a href="#">Click here</a> for a SEL focused board game to play with your kids.
Kindness Tic-Tac-Toe	K-3	<a href="#">This tic-tac-toe game</a> promotes small acts of kindness!
<b>Ringbeller</b>	<b>K-5</b>	<b>RingBeller creates videos for kids to tell them soft skills, such as creativity, inclusivity and kindness. The videos are an excellent cross between TED talks and Sesame Street. They have a <a href="#">YouTube channel</a> or you can access the videos from <a href="#">the website</a>.</b>
<b>SEL at Home Packet</b>	<b>K-5</b>	<b>The School Counselor from St. Anthony put together this awesome <a href="#">packet of SEL resources</a> you can do with your student at home. Thank you to Julius Pre for putting this together, and for allowing me to share it with you!</b>
Self Care Check-In	ALL	This <a href="#">Self Care Check-In activity</a> can be a helpful tool for students to use to help promote healthy ways to take care of themselves. This doc was used in this week's self-regulation lesson as well.
<b>Social Thinking Resources</b>	<b>ALL</b>	<b>Social Thinking is a great organization that provides resources and curriculum to foster social emotional learning and connection. They have released some of their resources for free on <a href="#">this website</a>.</b>
Things I Can Control Bingo	3-8	Students can use <a href="#">this fun Bingo card</a> to help practice focusing on what they can control! This may be especially helpful right now, when things might feel out of control for many.
zGirls Online Mental Training	6-8 (girls)	zGirls is a local organization that works to equip girls with the tools and perspective they need to be confident, centered, and courageous. They are offering 30 minute online mental trainings every Wednesday at noon. <a href="#">These</a>

		<a href="#">trainings</a> are great options for any middle school girl! (Note: this organization is focused directly in supporting preteen and teenage girls.)
<b>Brain-Break Ideas</b>		
Brain Breaks Activity Calendar	ALL	<a href="#">This calendar</a> offers 20 weekday ideas to use for brain breaks!
<b>Books about the Sun, Moon and Stars</b>	K-2	<a href="#">Click here</a> for a list of 7 books about the sun, moon and stars - just in time for the next launch from NASA this weekend!
Executive Functioning Activities for at Home	ALL	<a href="#">Click here</a> for 9 executive functioning ideas for students to do at home.
Pen Pal	ALL	Does your student have a pen pal? A pen pal is a great way for students to stay connected with their friends during this time. <a href="#">Click here</a> for templates and conversation ideas!
Playworks	ALL	<a href="#">Playworks</a> is a YouTube channel that teaches children new and fun indoor and outdoor movement-based games. These are great games for families to play as well!
Movement Ideas	ALL	Check out these <a href="#">creative lists</a> from BigLife Journal for some awesome ideas of things your child can do to keep busy at home - without a screen!
Time Capsule Template	ALL	<a href="#">Long Creations</a> has created free COVID-19 Time Capsule pages for children and families to fill out to remember this historic time.

## RESOURCES FOR PARENTS & FAMILIES

[Click here](#) for the full list of resources offered before spring break.

Topic	Grade Level	Overview & Access Information
<b>About Coronavirus</b>		
COVID Coach App	Parents	The <a href="#">COVID Coach app</a> was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus pandemic.
<b>Stress and Anxiety Management for Adults</b>		
Calm in the Midst of Chaos	Parents	Need a sense of calm amidst the chaos? Try out <a href="#">this 10-minute guided meditation practice</a> , from the Center for Healthy Minds.
Coronavirus Parenting: Managing Frustration and Anger	Parents	<a href="#">This article</a> , from The Child Mind Institute, provides helpful tips to help parents during the tough moments. My favorite line is about the importance of reminding “yourself that you’re a good parent who is doing the best you can”. It’s true!
<b>How to Find Purpose and Connection in a Pandemic</b>	<b>Parents</b>	<b><a href="#">This article provides ways to find and continue to foster purpose and connection during this pandemic.</a></b>
How to Help GenZ Through the COVID-19 Mental Health Crisis	Parents	<a href="#">Click here</a> for a helpful article from Tim Elmore of Growing Leaders. Growing Leaders focuses on ways to help GenZ through this mental health challenge with useful and practical tips.
How to Help Your Kids Handle Disappointment	Parents	The COVID-19 crisis has led to many disappointments for our kids, including field trips, class activities, end of year traditions, graduations, and more. <a href="#">Click here</a> for ideas for how to help your kid handle these disappointments with grace.
How to Help Teens Handle the Loss of Proms and Graduations	Parents (especially 8th grade parents!)	Although written for parents of teens, <a href="#">this article</a> offers great tips for supporting students who are dealing with feelings of loss about important events, such as graduation.
How to Help Teenages Embrace Stress	Parents of grades 6-8	This <a href="#">NY Times article</a> , written by author Lisa Damour, discusses the importance of stress for students and offers tips for how to get teens to embrace good stress.
How to Reduce the Stress of Homeschooling	Parents	<a href="#">Click here</a> for an article from the Greater Good Science Center at UC Berkeley about how to reduce

on Everyone		stress while doing school at home.
Podcast: Helping Kids Think About the Good	Parents	<a href="#">This podcast episode</a> is a great resource to help students consider the good in this tough situation.
When Coronavirus Anxiety is Useful and When It Isn't	Parents	<a href="#">This article</a> provides discussing when anxiety around coronavirus can be useful to us and when it isn't so useful. A great read for all!
<b>Social-Emotional Learning (SEL)</b>		
3 Ways to Boost Resilience as a Parent	Parents	<a href="#">This article</a> from the Greater Good Science Center at UC Berkeley offers three tips to boost your own resilience as a parent.
5 Incredibly Fun Games that Teach Self-Regulation	Parents of grades K-3	This <a href="#">short video</a> gives 5 fun games that teach kids self-regulation. These are great games to play as a family, too!
7 Empowering Scripts to Use When Kids Won't Listen	Parents of grade K-5	This <a href="#">blog article</a> provides useful and effective scripts you can use if/when you child isn't listening to your instructions.
7 Helpful Tips for Sharing Feedback with Your Child	Parents	Receiving feedback, especially constructive feedback, can be difficult for children to take in and understand productively. This simple to read flyer provides <a href="#">seven effective tips</a> to use when giving your child feedback.
<b>ADDitude Webinars</b>	<b>Parents</b>	<b>ADDitude is an online magazine and resource for information about inside the ADHD mind. It's an excellent resource for parents with kids who have ADHD. ADDitude is offering free webinars this summer for parents. <a href="#">Click here</a> to see the webinar options.</b>
Building Your Resilience	Parents	Building our own resilience is so important, and especially now! <a href="#">This article</a> from the American Psychological Association provides great insights into how to build your own resilience.
Help Teens Make Room for Uncomfortable Emotions	Parents of grades 6-8	This <a href="#">NY Times article</a> , written by author Lisa Damour, is a fabulous read! It's important to teach kids how to navigate uncomfortable emotions (they aren't bad!).
How to Ask What Kids are Feeling	Parents	<a href="#">This article</a> is an excellent resource to help navigate conversations with your child about how they are feeling. Being able to express emotions and feelings is essential, and especially during stressful times.
How to Change Negative Thinking Patterns	Parents	<a href="#">This article</a> provides helpful ways to alter negative thinking patterns, which are especially common right now for many of us!

<p><b>How to Help Manage Free Time (Away from Video Games &amp; Smartphones)</b></p>	<p>Parents</p>	<p><a href="#">This article</a> from Growing Leaders looks at this increased amount of free time as a time to find balance, especially among the video games and smartphones. A great read for all parents!</p>
<p>How to Teach the “Hard Stuff” at Home</p>	<p>Parents</p>	<p>Delaney Ruston, Screenagers filmmaker and doctor, partnered with Lizz Mazza, Ph.D. to share <a href="#">at-home ideas for SEL curriculum ideas</a>.</p>
<p>Psychological First Aid</p>	<p>Parents</p>	<p>The Red Cross is offering a <a href="#">free online training in psychological first aid</a>, specifically focused for mental health first aid during the COVID time. This free online training is highly recommended!</p>
<p>Tip from Love &amp; Logic</p>	<p>Parents</p>	<p><a href="#">Click here</a> for this week’s tip from Love &amp; Logic - How to Ask for Help.</p>
<p>Tip from Love &amp; Logic</p>	<p>Parents</p>	<p>Love and Logic offers great parenting tips weekly. <a href="#">This week’s tip</a>, about giving kids hope by noticing what they are doing well, is a great one to incorporate while staying at home with your kid(s)!</p>
<p>Time Capsule Template</p>	<p>Families</p>	<p><a href="#">Long Creations</a> has created free COVID-19 Time Capsule pages for children and families to fill out to remember this historic time.</p>
<p>Your Only Goal is to Arrive</p>	<p>Parents</p>	<p>This is a <a href="#">great article</a> about how we are measuring success, productivity, and “what we should be” doing right now. Changing how we measure these things is imperative right now. Highly recommend reading this article!</p>