

May 1, 2020



Dear ASB Families:

I hope you and your family had a wonderful Easter and a great spring break! As we continue with digital learning for the remainder of the year, I will continue to offer at-home resources weekly to support your student's social and emotional well-being.

May is Mental Health Awareness Month! All students will be learning about mental health during their self-regulation lessons this month. Mental health, as defined in our self-regulation lesson, is a person's overall well-being that is impacted by thoughts, feelings, behaviors and actions. The current situation we are in can take a toll on our mental health. You may find yourself (and your student) to be more stressed and feeling more anxious than ever before. The Greater Good Science Center at UC Berkeley suggests doing the following four things every day to support your (and your students) mental health ([click here](#) for the full article):

1. **Move** - our bodies need to move daily. Whether you are stretching, walking, running, biking or doing your favorite workout class virtually, it's important to make movement a priority. It also helps to support our immune system!
2. **Nourish** - our bodies need nourishment from healthy foods. It's important that we are intentionally fueling our bodies with foods that make us feel good and that are good for us.
3. **Connect** - humans need to feel connected with others, now more than ever before! Even while social distancing, there are many ways to stay connected with others but it no longer comes so easily. Be intentional about asking and scheduling time to connect with people in your life.
4. **Be** - our bodies need the time and opportunity to simply *be*. This allows for our nervous system to reset after being activated for long periods of time.

Below is a list of social emotional learning resources, stress management tools and other resources for students and families. If you'd like to refer back to the full list of resources offered before spring break, those will always be linked to at the top of the resources page below.

As always, please feel free to reach out to me for help and support. I'm more than happy to connect with you and your student in any way we can to support the emotional and mental health of your student.

All the best,

Christy Dahl
ASB School Counselor
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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
Stress and Anxiety Management		
Coping Strategies to Help Children Stay in Control of their Thoughts	3-8	A fellow school counselor created this list of coping strategies 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 Daily Mindfulness Bingo .
“Stop, Breathe, Think” App	K-2	This app is a great app to use to incorporate mindfulness for kids! Click here to learn more about the app and to download.
Social & Emotional Learning (SEL)		
22 Novels to Help Students Process the Pandemic	6-8	This list is a great resource for middle school students looking for a new book to read, especially during these uncertain times!
FirstAid for Feelings Workbook	K-5	This workbook 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 1-page PDF with family conflict language and questions to use with your child after a conflict to restore relationships and hopefully prevent future negative incidents.
Brain-Break Ideas		
Playworks	ALL	Playworks 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 creative lists 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	Long Creations 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
About Coronavirus		
COVID Coach App	Parents	The COVID Coach app was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus pandemic.
Stress and Anxiety Management for Adults		
How to Help Teens Handle the Loss of Proms and Graduations	Parents (especially 8th grade parents!)	Although written for parents of teens, this article offers great tips for supporting students who are dealing with feelings of loss about important events, such as graduation.
How to Reduce the Stress of Homeschooling on Everyone	Parents	Click here for an article from the Greater Good Science Center at UC Berkeley about how to reduce stress while doing school at home.
Podcast: Helping Kids Think About the Good	Parents	This podcast episode 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	This article provides discussing when anxiety around coronavirus can be useful to us and when it isn't so useful. A great read for all!
Social-Emotional Learning (SEL)		
How to Change Negative Thinking Patterns	Parents	This article provides helpful ways to alter negative thinking patterns, which are especially common right now for many of us!
Time Capsule Template	Families	Long Creations has created free COVID-19 Time Capsule pages for children and families to fill out to remember this historic time.