

# **Resource Packet**

## **Great Falls Counseling**

**March 18, 2020**

- 1. Resources for Talking to Kids About Coronavirus**
- 2. Social-Emotional Learning Resources**
- 3. Mindful Breathing Techniques**
- 4. 30 Things Roadrunners Can Do to Practice Being Mindful, Accountable, Responsible and Kind (On their M.A.R.K.)**
- 5. Mental Health Crisis Resources and Counseling Staff Contact Information**

## Resources for Talking to Kids About Coronavirus:

### **Talking to Children About COVID-19**

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

### **PBS Kids: How to Talk to Your Kids About Coronavirus**

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtrYTQoC-AH0P3H1D5QgEqQneurBPnE\\_L6Omv30#.XmqzisKG7LA.facebook](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtrYTQoC-AH0P3H1D5QgEqQneurBPnE_L6Omv30#.XmqzisKG7LA.facebook)

### **Just for Kids: A Comic Exploring the New Coronavirus from NPR**

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

### **Brain Pop Video About the Coronavirus**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

### **ASCA Coronavirus Resources**

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

### **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w\\_2rzqWcel\\_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

### **How to Talk to Kids About the Coronavirus**

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

### **Resources to Help You Talk to Your Kids About COVID-19**

<https://blackwellcounselors.weebly.com/>

### **The Yucky Bug by Julia Cook**

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

## Social-Emotional Learning Resources

### **Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

### **Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

### **Ultimate Guide to Mental Health and Education Resources for Kids and Teens**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

### **Help Your Family De-Stress During Coronavirus Uncertainty**

<https://www.commonsemmedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

### **Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com/meditate>

### **Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

### **Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8**

<https://www.vaview.vt.edu/>

### **Interactive Tool for Job Seekers and Students to Learn More About Their Career Options**

<https://www.mynextmove.org/>

### **Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

### **Mindfulness Websites/Activities**

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

### **Giant List of Ideas for Being Home with Kids**

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehHHSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

### **Character Lessons During the Virus School Closure**

[https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r\\_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt\\_YmF673teM-yZilyk-M](https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZilyk-M)  
<https://ideas.classdojo.com>

### **Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic**

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgl5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

### **Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

### **Coping Skills Resources**

[https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive\\_coping.html](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html)  
<https://copingskillsforkids.com>

### **10 Days of Live 'Choose Love' Lessons For Parents and Children**

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

### **Kindness Videos**

<https://www.randomactsofkindness.org/kindness-videos>

### **Mindfulness Apps**

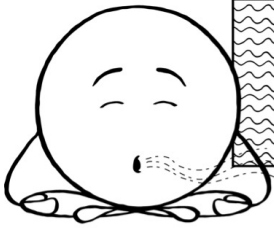
Breathe2Relax

Breathe, Think, Do with Sesame

Mood Monster's Yoga Workshop

### **Managing Anxiety Around COVID-19**

<http://rulerapproach.org>



# BREATHING

## MINDFUL BREATHING:

Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment. Now, take in a deep breathe while repeating the name of this blessing. Breathe out slowly while imagining this thing that brings you joy. Repeat this each day with a new blessing

## IN - HOLD - OUT BREATHING

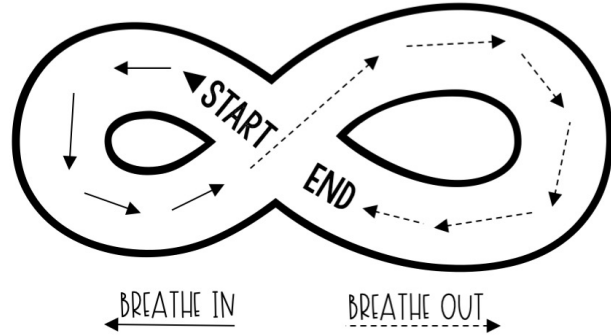
Inhale through your nose while counting to 5  
Hold it while counting to 6  
Exhale through your mouth while counting to 7


## SQUEEZE AND BREATHE

1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.



Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)



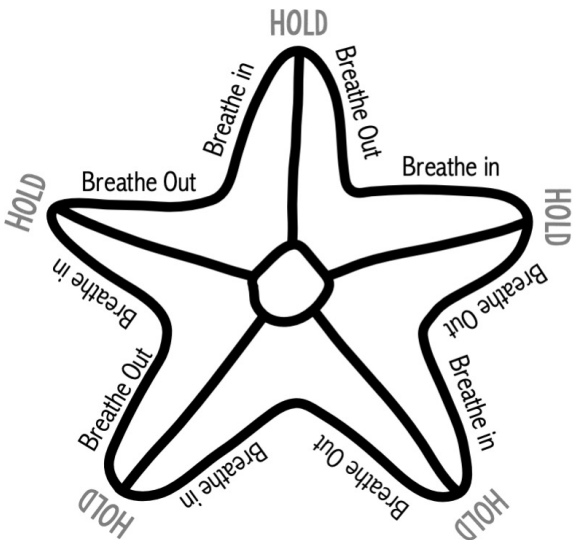


### BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your belly. Take a deep breathe. Notice your belly rise. Breathe out. Notice your belly fall.

## STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly.



## BREATHE THE RAINBOW

Imagine the color of the rainbow.

Take a deep breath while imagining you are breathing in each color.

**Red:** Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.

**Orange:** Breathe in the zesty excitement of the color orange in through your nose.. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

**Yellow:** Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.

**Green:** Breathe in the morning dew of the color green through your nose.. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.

**Blue:** Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.

**Purple.** Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.



<b><u>Day 1</u></b> Practice a deep breathing technique	<b><u>Day 2</u></b> Make a list of all of the feelings you can think of	<b><u>Day 3</u></b> Play emotions charades. Can your family guess your feeling?	<b><u>Day 4</u></b> Write a letter to someone to let them know you appreciate them.	<b><u>Day 5</u></b> Let's practice being responsible! Do your chores without being asked.	<b><u>Day 6</u></b> Make a poster about kindness.
<b><u>Day 7</u></b> Make a list of 10 ways to show respect.	<b><u>Day 8</u></b> Explain to someone in your family what empathy means.	<b><u>Day 9</u></b> Think about a time you tried something hard. How did you persevere?	<b><u>Day 10</u></b> Make a list of 20 things you are grateful for.	<b><u>Day 11</u></b> Practice mindfulness for 5-10 minutes.	<b><u>Day 12</u></b> Write or draw what it means to be a good friend.
<b><u>Day 13</u></b> Practice using i-messages.	<b><u>Day 14</u></b> Make a list of all of the ways you showed kindness today.	<b><u>Day 15</u></b> Create a gratitude jar with your family.	<b><u>Day 16</u></b> What does it mean to be mindful? Talk about that at home.	<b><u>Day 17</u></b> Write a note to someone you miss.	<b><u>Day 18</u></b> Think of 3 ways you can calm down when feeling worried.
<b><u>Day 19</u></b> Draw a picture of your future self. What is your career?	<b><u>Day 20</u></b> Talk to Mom and Dad about why they chose their career.	<b><u>Day 21</u></b> Practice your problem-solving before asking for help.	<b><u>Day 22</u></b> Make a list of things that are important to you.	<b><u>Day 23</u></b> Read a book. What feelings did you notice as you read?	<b><u>Day 24</u></b> Name 3 things you love doing and 1 thing you want to try.
<b><u>Day 25</u></b> Give a compliment to everyone in your family.	<b><u>Day 26</u></b> Talk to your parents about 3 things you can do to help people in your community.	<b><u>Day 27</u></b> Name 5 things you love about yourself.	<b><u>Day 28</u></b> Play a game and practice taking turns, compromising and being a good sport.	<b><u>Day 29</u></b> Talk about what it means to be an upstander, not a bystander.	<b><u>Day 30</u></b> What does it mean to be accountable?

**30 Things Roadrunners Can Do to Practice Being Mindful, Responsible, Accountable and Kind (On their M.A.R.K)**

## Mental Health Resources

### Mental Health Resources and Emergency Services Information (National and Local Crisis Resources)

<https://www.fcps.edu/resources/student-safety-and-wellness/school-psychology-services/mental-health-resources-and>



**NEED HELP?** **MENTAL HEALTH RESOURCES**  
**24/7 EMERGENCY NUMBERS**

**In case of a life threatening emergency, call 911**

CrisisLink Regional Hotline: **703-527-4077**  
CrisisText: Text **NEEDHELP** to **85511**  
Dominion Hospital Emergency Room:  
**703-536-2000**  
Inova Emergency Services: **703-289-7560**  
Mobile Crisis Unit: **1-844-627-4747**  
National Suicide Prevention Lifeline:  
**1-800-273-TALK** or **1-800-SUICIDE**  
Merrifield Center Emergency Services:  
**703-573-5679**  
TTY dial **711**

### Great Falls Counseling Staff Contact Information

**Toby Duvall**  
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Please feel free to reach out or have your students reach out as needed. We are here to support you and your family during this time of uncertainty.