

Resource Packet

For Seattle Hill Mountaineers



- 1. Resources for Talking to Kids About Coronavirus**
- 2. Social-Emotional Learning Resources**
- 3. Coping**
- 4. Kindness Videos**
- 5. Online Learning/Enrichment Resources**
- 6. Mental Health Crisis Resources**

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=IwAR26F2Tmdj3pJN3iv6yA+rYtQoC-AH0P3H1D5QgEqQneurbBPnE_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=IwAR2qPcQ9fTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_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=IwAR2qPcQ9fTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_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

What is Social Emotional Learning

<https://sno.instructure.com/courses/20610/files?preview=863284>

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.common sense media.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

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=IwAR06lgI5U3ea2sRtIGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

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

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/>

SEL Home Learning Packet

https://sno.instructure.com/courses/20610/files/849516?module_item_id=201355

Coping for Kids

Calming strategies:

<https://sno.instructure.com/courses/20610/modules/items/204508>

Feelings journal:

https://sno.instructure.com/courses/20610/files/863146?module_item_id=204511

Log it

https://sno.instructure.com/courses/20610/files/863147?module_item_id=204513

Breathing for kids:

https://sno.instructure.com/courses/20610/files/863160?module_item_id=204520

Kindness Videos

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

Online Learning/Enrichment Resources

Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources

<http://www.amazingeducationalresources.com/>

Free Personalized Learning Resource

FUN AND FREE WAYS TO LEARN FROM HOME

<p>MATH:</p> <p>Prodigy play.prodigygame.com</p> <p>Khan Academy www.khanacademy.org</p>  	<p>READING:</p> <p>Squiggle Park www.squigglepark.com</p> <p>Storyline www.storylineonline.net/</p>  
<p>SCIENCE:</p> <p>Mystery Doug mysterydoug.com</p> <p>National Geographic kids.nationalgeographic.com</p>  	
<p>WRITING:</p> <p>Typing Club www.typingclub.com</p> 	<p>SOCIAL STUDIES:</p> <p>History for Kids www.historyforkids.net</p> 

THAT FUN TEACHER

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

Free Online Learning Resources for Teaching Your Students Virtually

https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary

Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

Kahoot! Offers Free Distance Learning Tools During the Coronavirus

Outbreak

<https://kahoot.com/coronavirus-remote-offer/>

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**