

COUNSELOR'S CORNER

Gonzales ISD



During this time of digital learning, here are some helpful links and resources that you and your child can work on together. If you have any questions, please email your campus counselor.

RESOURCES FOR TALKING TO YOUR KIDS ABOUT THE CORONAVIRUS

Brain Pop Jr. Video About Handwashing

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

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-AH0P3HID5QgEqQneurBPhE_L60mv30#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=IwAR2qPcQ9tTi8fF3Ci8ifoJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_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=IwAR2qPcQ9tTi8fF3Ci8ifoJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM)

How to Talk to Kids About the Coronavirus

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

The Yucky Bug by Julia Cook

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

SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**



What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



WHAT CAN I DO IF I'M FEELING **worried?**

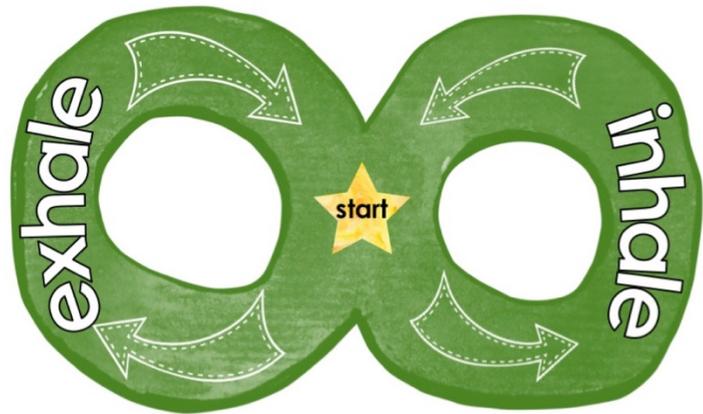
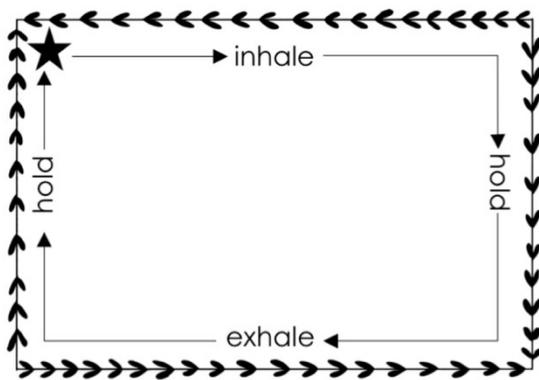


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

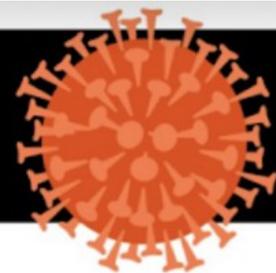
Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

PREGUNTAS SOBRE Coronavirus



¿Qué es el coronavirus?

El Coronavirus o COVID-19 es un virus que afecta el sistema respiratorio (pulmones, nariz, boca, garganta, bronquios y todas las partes del cuerpo involucradas en la respiración). Se transmite de persona a persona a través de gotas de estornudos, tos, secreción nasal y saliva. Entonces, si alguien estornuda en su mano y toca la manija de la puerta del baño, y luego otra persona toca la misma manija de la puerta del baño y luego se toca la cara, puede infectarse con el virus. ¡Por eso es tan importante lavarnos las manos y evitar tocarnos la cara!

Soy un niño. ¿Eso no significa que no puedo contraer Coronavirus?

No. Algunas personas han estado diciendo que los niños no se ven afectados por el coronavirus. Los científicos creen que el coronavirus puede enfermar a los niños pero no igual como los adultos. Pero los niños aún pueden infectarse con el virus.

¿Por qué nos quedamos en casa de la escuela?

Todos los adultos en la escuela quieren que usted y su familia estén a salvo. Los científicos recomiendan que nos quedemos en casa y evitemos estar en multitudes o grandes reuniones (¡Como un salón lleno de amigos!). Nos quedamos en casa para retrasar la propagación del virus.



¿Qué debo hacer para mantenerme a salvo?

1. Lávese las manos con frecuencia y antes de comer. ¡Lávese las manos al menos 20 segundos y asegúrese de limpiar el espacio entre los dedos y el dorso de las manos!
2. Intente evitar tocarse la nariz, la boca, los ojos y toda la cara con las manos sin lavarse las manos.
3. Practica hábitos saludables! Coma alimentos saludables, beba mucha agua, haga algo de ejercicio y duerma lo suficiente.
4. Si necesita estornudar o toser, estornude en un pañuelo o en la parte interior de su codo.
5. Siga las instrucciones de los adultos de confianza en su vida. ¡Ellos quieren cuidarte!



¿QUÉ PUEDO HACER SI ME SIENTO preocupado?

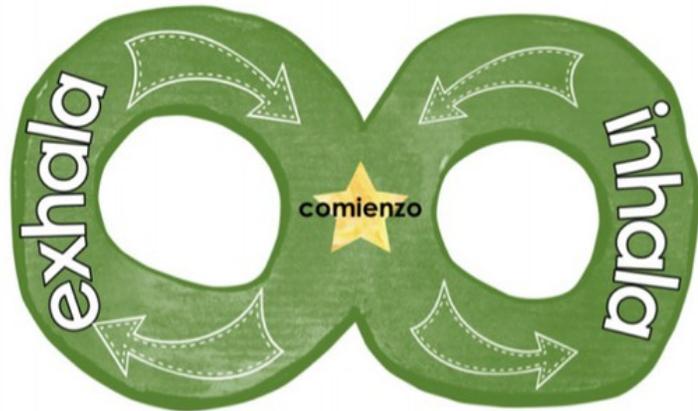
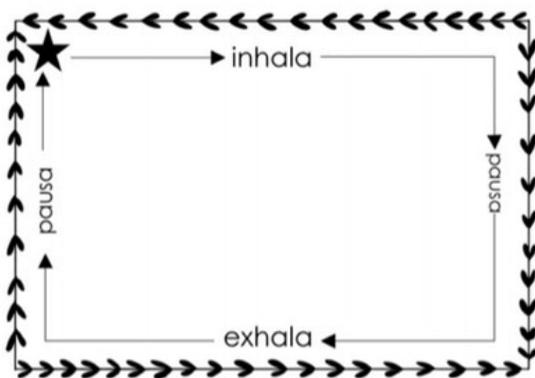


Círculo de apoyo

1. Hable sobre cómo se siente con las personas de confianza en su hogar.
2. Si tiene preguntas, pídale a las personas de su confianza que lo ayuden a comprender.
3. Mantente en contacto con amigos, incluso si no los ven en la escuela todos los días.
4. Video chat o llame a seres queridos que no viven cerca de usted.

Exhala

Si su cuerpo se siente inquieto o agitado, tómese un tiempo para sentarse y desacelerar su respiración. Trate estos ejercicios sencillos pase el dedo sobre las líneas y respirando junto con ellas. Repita el menos 5 veces!



Establecer metas pequeñas y diarias

¡Mantén tu enfoque en las cosas reales que puedes hacer! Establezca objetivos diarios para usted y realice un seguimiento de sus objetivos. ¡Establezca una meta sobre cuánto tiempo practicará sus tiros libres cada día, cuántas cosas bonitas le dirá a los miembros de la familia cada día, o algo más que sea importante para usted!

Buscar la diversion

¡Aleja tu atención de las preocupaciones y haz algo divertido!

1. Juega un juego de mesa con tu familia.
2. Tener una fiesta de baile en casa.
3. ¡Pinta, dibuja, escribe o crear!



Deja ir las preocupaciones

¿Tiene problemas para dejar de lado las preocupaciones? Trate esta estrategias:

1. Configure un temporizador de 3 minutos. Durante esos 3 minutos, piensa en las preocupaciones todo lo que quieras. ¡Cuando se apaga el temporizador, se acabó el tiempo de preocupación! ¡Levántate, muévete a un nuevo espacio y piensa en otra cosa!
2. Escribe tus preocupaciones en una hoja de papel. Rómpelo o tíralo a la basura.



Recuerde, está bien tener preocupaciones. ¡Hable con alguien de confianza sobre cómo se siente!

TALKING WITH CHILDREN ABOUT COVID-19



Our Gonzales ISD school counselors are part of the Nixon-Smiley Area Critical Incident Response Cluster and received this wonderful information from Sara Mann, our leader who is a Certified Trauma Practitioner-Education, School Trauma Specialist and works with UTSA and Paloma Place. These are things to keep in mind regarding our children and selves as we navigate our way through this pandemic.

- Be especially mindful of the emotional impact the disruption to routine and exposure to the news media may have on children.
- This is an uncertain time even for adults. That makes it an especially critical time for adults to consider the impact on children who may have limited understanding of the actions, words, and events happening around them.
- Children fear many things but illness, going to the doctor or hospital, or the death of a caregiver or loved one are at the top of the list for children's fears.
- Multiple agencies have created talking points for parents and educators to assist children with fears and anxiousness during this challenging time. I hope you can use these to assist the children and families you serve:"

- *Talking to Children About COVID-19* Published by National Assoc. of School Psychologist and National Assoc. of School Nurses
[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](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)

- *Talking With Children About Coronavirus Disease in 2019* Published by the Center for Disease Control
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

- *COVID-19, School Closure, and Trauma* Published by STARR Commonwealth
<https://starr.org/covid-19-school-cancellation-and-trauma/>

*Image copied from NY TIMES-Lucy Jones.

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html>

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Social-Emotional Learning Choice Board #1

Use positive self-talk in the bathroom mirror. Say 5 positive things to yourself!	Write your ABCs. Next, write as many feelings words as you can for each letter.	Make a list of 10 ways kids can show BLUE at school.	Tell a positive story to someone in your house.
Draw a picture of your mental vacation. Where can you go in your brain when you feel anxious or worried?	Practice being mindful: 5 things that you can see 4 things that you can touch 3 things that you can hear 2 things that you can smell 1 thing that you can taste	Write a story about someone who is really kind and compassionate.	Play red light green light to practice self-control.
Dream about your future career. Draw a picture of yourself at your future job.	Think about something that makes your HAPPY!	Journal about your day. What did you do? How are you feeling?	List 20 things you love about yourself
Send a nice text, call or video chat with a friend or family member.	Read a book.	Work with a friend or family member to build something.	Practice not being first. For a whole day let the people around you do things before you do them.
Watch a free read aloud of one of Julia Cook's books on YouTube. Try Personal Space Camp, My Mouth is A Volcano, or Wilma Jean the Worry Machine., or your favorite one!	Dance!	Make a list or draw a picture of things that you can do to calm down when you are angry.	Create a Calm Down Bottle with things you find at home (corn syrup, glitter, dish soap, glue, or warm water)

CALM-A-LLAMA SCAVENGER HUNT

How many can you complete?

- Wear headphones and clean your room to your favorite songs.
- Snuggle in a cozy blanket & watch a movie.
- Sleep with a super soft stuffed animal.
- Fall asleep to spa music.
- Learn some new jokes & try them out.
- Color with new markers.
- Learn to make a new recipe that you love.
- Just sit & watch people in public.
- Learn & try progressive muscle relaxation.
- Stretch your arms up to the sky, hold while counting to 15. Release.
- Try a new hobby.
- Make shapes with play-doh.
- Play with kinetic sand.
- Stretch all of your muscles.
- Talk to an animal.
- Take a bubble bath.
- Take a nature walk.
- Balance on one leg and time it.
- Read a book in quiet in your bed.
- Try a yoga pose.
- Daydream in the dark.
- Make a list of things or people that make you feel grateful.

