

Facebook Live – Questions for Counselor
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Q1. If a child is already worried and asking questions about coronavirus, won't talking to them just make them even more anxious?

A1. No. If you avoid talking with children, they may think you are not being truthful or are hiding something from them. When you talk with them, speak to them on their level. You don't need to go into a lot of detail. Sometimes children just need reassurance.

Q2. Is there anything else you would suggest doing to help children through this uncertain time?

A2. Stay positive! One good thing that has come out of this is seeing people working together to make it through. We can all make a difference in some way – even the smallest children. Let them know that by washing their hands, coughing and sneezing into their elbow, and staying at home more, they are helping to control the virus so that things can get back to normal. Help your child to do an act of kindness for someone – call a grandparent or other relative, or make a card for a policeman, grocery store worker, doctor or nurse. Doing something for someone in need or who might need some encouragement allows children to feel that they can make a difference in helping with a difficult situation.

Q3. Are there any activities parents can do at home to help with their children's social-emotional well-being?

Q3. Yes, you can find a multitude of resources on the Internet. Some were developed to specifically address children's needs during the coronavirus. Others are very helpful in handling everyday social-emotional needs. For example, something as simple as playing a board game like Candyland can help children learn to share and take turns. Simon Says helps children learn to listen and follow directions. Red Light – Green Light teaches self-control.

I brought a list with a few resources I especially like. [Show slide 1]. The ones on this first slide are specific to the coronavirus. *(I will say just a couple of words about these resources).* [Show slide 2]. The websites on this second slide are not specific to coronavirus. *(I will say a few words about these resources.)*

Resources for Families

- The Yucky Bug by Julia Cook
<https://www.youtube.com/watch?v=ZD9KNhmOCV4>
- Tips for Parents on Talking to Kids About the Yucky Bug
<https://www.juliacookonline.com/assets/uploads/2020/03/Yucky-Bug.pdf>
- A Story to Help Children Understand Coronavirus
<https://static1.squarespace.com/static/595fb0d16a49632afb7e2c00/t/5e73cf66459c9d6afea2bb10/1584648075946/Coronavirus+Story+for+Children.pdf>



- Howard B. Wigglebottom Books, Animated Books, Songs, Posters, and Lessons
<https://wedolisten.org>
- Life's Little Lessons - A PBS Kids Learning Kit with Daniel Tiger
<https://pbskids.org/learn/lifes-little-lessons/>
- Free Social Emotional Learning Activities
https://www.centervention.com/social-emotional-learning-activities/?tx_post_tag=elementary
- Social-Emotional Activities for Preschool and Kindergarten
<https://www.weareteachers.com/social-emotional-activities-early-years/>
- 100 Ways to Strengthen Your Child's Mental Health
<https://parentswithconfidence.com/everyday-ways-to-nourish-a-childs-mental-health/>



Questions

1. There has been a lot of discussion about helping children to feel safe. What are some ways that I can do that at home?

Young children thrive on knowing what is going to happen, so the changes in their routine can be very upsetting. Creating a routine at home and letting them know what's going to happen will create feelings of safety for them.

2. My child is naturally quiet and doesn't share feelings easily. I want to make sure she is ok? What can I do????

It is important to remember that young children often may not have the words to tell us about their worries. Instead, you might see changes in their behavior, such as: increased fussiness, crying, increased clinginess, sadness, or changes in their eating or sleeping patterns. All of these could serve as indicators that the child may be feeling stress.

I have found that an activity helps children to become more comfortable if it's a tough subject. Using Conversation Starter cards can be helpful. I have included a link to a website that has a free set available for download. The cards have a prompt on the front and follow up questions on the back.

3. My son has a 504 plan in place. I'm worried about it expiring since students won't return to school this year. I want to make sure he has the help he needs when school begins next year.

Many students have plans in place that help with their success in and outside the classroom. Our work in this area has not stopped with the close of schools and those meetings will continue. I will contact you to set up a meeting time and we will proceed using Zoom or teleconference.

4. These are good tips, but what if something arises that I need your help with that wasn't covered tonight. Before I could call the school – now I can't do that. How can I reach you to discuss an issue concerning my child?

Excellent question!! I am always available to provide assistance for our students. At this time, please email me at twyla.king@hcsk12.net with requests and I will do my very best to accommodate.

5. My student still has Pouncer Pennies they earned in LEAD class at HES. What should they do with them?

Great question! Students at HES had the opportunity to earn Pouncer Pennies in mine and Ms. Demetrice's LEAD classes as an incentive for their participation in class, showing leadership skills, and good conduct. Students hold on to your Pouncer Pennies and you will be able to redeem them when we return to school. For our 3rd grade students who will move on to Eastside, we will work with staff at your new school to make sure you also have an opportunity to redeem yours as well. This could mean a visit from Ms. Twyla and Ms. Demetrice when you move on to 4th grade!!

Resources

BrainPOP: [Coronavirus](#) (4-minute video, activities, and games)

National Public Radio: [Just for Kids: A Comic Exploring the New Coronavirus](#)

PBS Kids: [How to Talk to Your Kids About Coronavirus](#)(includes a list of videos, games, and activities about handwashing and staying healthy at the bottom of the article)

Georgie and the Giant Germ Coloring Story Book: A coloring story book to help children with their big feelings during the Covid-19 health crisis. Available for download at www.tenderpressbooks.com. The coloring book is available in both an English and Spanish version.

Conversation Starter Cards: Coronavirus Conversation Cards that will help you invite kids and teens to talk about their experiences in light of all of the recent changes. Available for download at www.little-neighbors.com

Name: _____

Directions: Fill in the blanks to finish the sentence. Then, write three things you can do and draw pictures for each!

I wish I could _____ like

_____, but _____

is something I just can't do YET!

But I can

I can

I can

What happens when I smile?



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



How does my smile make others feel?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

PARENTS

Tips for social distancing



Children and young people are powerful agents of change. They are our next generation of caregivers, skilled trades, teachers, scientists, and doctors. Any crisis presents the opportunity to help them practice compassion and build a safer, more caring community. Here are a few ways to reduce their fear and anxieties and help them cope with changes to their routine.

Know the Facts

Understand the basic information about COVID-19. If your kid asks you a question, be comforting, and tell the truth – if you don't know the answer, say so.

Help Kids Cope with Stress

Teach kids how they can protect themselves and their loved ones against illness.

- **Social distancing**, or being at least 6 feet apart, may be difficult to understand. For younger children, suggest they extend their arms to the side like they are flapping their wings. Their fingertips should not touch anyone else's fingertips.
- Role model good hygiene. Wash your hands with soap and water often, and always before eating.
- If your kid goes to pick up their school lunch, remind them not to linger.



Kids and teens often worry more about family and friends than themselves.

- Encourage your kid to talk about how they are feeling. As they hear that some people are at higher risk of severe COVID-19, they may worry for their loved ones like grandparents. Help them stay connected by texting, calling, or video chatting with them.



Remember that kids may have different reactions to stress.

- For some kids, change in routine can be difficult. Help them by creating a new routine, even if it is one small thing that is consistent each day (like talking before dinner).
- Help kids understand that it is OK to feel stress or anxiety at times. Helping them recognize it, and knowing that stressful times will also pass, will help them build resilience.
- Be patient and understanding.



1. I'm not sick, so why do I have to take precautions?

Even if you are not feeling sick the coronavirus can be passed by individuals of all ages who are asymptomatic. This means the person is not exempting any symptoms but still has the virus. You can pass it to others whom you love and to people in the community. We have to stay safe for ourselves and others who could become sick from it.

2. I am a junior and I am stressing out because I missed the March 31st National ACT test?

The Uprising Senior class will take the scheduled retake in late September/or early October of this year. They will also receive a waiver to take the December National Test. This will make up for them missing the March 31st test.

3. When will the students register for the next school year? (20-21)

We are working on a schedule for students to come and discuss their course selections and finalize their schedules. Students will receive dates to come in to meet with individual counselors.