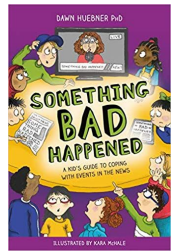


Resources on Managing Feelings, Fears and Worries about COVID-19

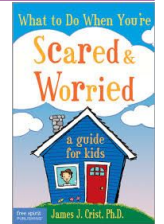
Here are a number of great resources around feelings, fears and worries. Many are related specifically to the Coronavirus and some are about anxiety more generally. We've also included a couple of mindfulness websites that are great to help kids find a bit of peace in these really unsettling times.

Books:

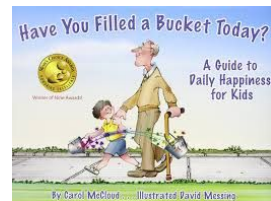
Something Bad Happened: A Kid's Guide to Coping with events in the News, Dawn Huebner
-Ages 6-12. How to process different world events.



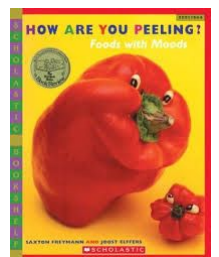
What To Do When You're Scared & Worried: A Guide for Kids, James J Crist
-Ages 9-13. A help guide to processing fears and worries.



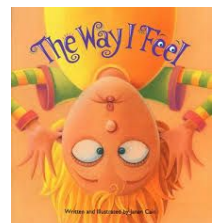
Have You Filled A Bucket Today? A guide to Daily Happiness for Kids, Carol McCloud
-Encourages positive behavior and expressing kindness and appreciation



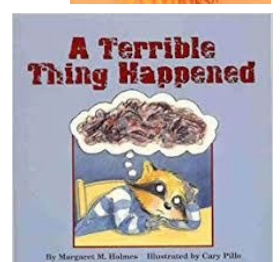
How are you Peeling: Foods with Moods, Saxton Freymann & Joost Elffers
-Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids.



The Way I Feel, Janan Cain
-Explores Feelings. A good way to talk about emotions with young kids.



A Terrible Thing Happened, Margaret M Holmes
-Ages 4-8. A story for children who have witnessed violence or trauma



Articles:

- [Understanding the Mental Health and Social Impact of the Coronavirus: Finding the Middle Path](#): This is a great article explaining the science behind our reactions to epidemics and practical ways we can find balance.
- [Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators](#) from the National Association of School Psychologists. A
- [Anxiety and world news](#): from [Hey Sigmund](#). This is a great website for parents/carers containing the latest psychological news and research.
- [Managing anxiety age by age](#): also from Hey Sigmund. A guide about what to expect age by age around anxiety, strategies and tips on when to get help.
- [Talking about world trauma with kids](#): another great article from Hey Sigmund!.
- [CoronaVirus Anxiety: 4 Ways to cope with Fear](#) - psych central
- [APS article re coronavirus](#) - APS

Podcasts:

- [8 Different Podcasts to listen to regarding Anxiety](#)
- [Peace Out](#) - short stories that help kids calm down and relax. We've used this podcast with many of our students, and it appeals particularly to our younger year levels.
- [American Psychological Association: CoronaVirus Anxiety](#) (not as current, American Focus)

Videos:

- [Brain Pop Video](#)- This is a great clip for kids, explaining the virus and how to stay healthy.
- [Coronavirus WHO \(video\)](#) from the World Health Organization "What do you know about the novel Coronavirus that is causing a health emergency? "

Mindfulness for kids:

- [Smiling Mind](#) - Smiling Mind is a great mindfulness app/website for the whole family (Age 7+). Many of our students use Smiling Mind in class as a way to help calm and focus their brains and bodies.
- [Cosmic Kids](#) - Yoga and mindfulness for kids ages 3+. This is a great resource and many kids have experience using it in class.

World Health Organization

- [Coronavirus WHO webpage](#)
- [WHO Coronavirus Myth Busters](#)

High School related:

- **Article:** [NACAC, ACT, COLLEGE BOARD, AND COMMON APP Join International ACAC Presidents in Encouraging Support for Those Impacted by the Coronavirus Outbreak.](#)

Visuals:



MANAGING YOUR MENTAL HEALTH DURING NCP (Novel Coronavirus Pneumonia)

LIMIT YOUR BAD NEWS CONSUMPTION

There's enough sad Coronavirus news going around that we could watch, listen to and read about it 24-7. But all that does for us is to keep our brains focused on the negative. While it's important to be informed, don't spend all of your time watching sad news. Give yourself permission to check in twice a day and then spend the rest of your day looking at more positive information.

START A GRATITUDE JOURNAL

At the same time that we're keeping our thoughts away from the negative, we can steer them towards the positive. Start a gratitude journal. By committing to writing down three to five great things that happened or things that you are grateful for during the day, you force your mind to think about the positive things in your life.

Resolve to start one today!

MOVE IT!

Exercise that raises your heart rate can also elevate your mood. Even if you're stuck inside you can still find ways to boost your activity level. Try a YouTube exercise video, balloon volleyball against a friend or against a wall, tune in to your favorite GoNoodle video, or turn up the music and dance it out. Try it today--you'll be glad you did!

PET POWER

Maybe it's because they listen without judging (dogs), or they judge everyone equally (cats), but petting a furry friend can help reduce stress and anxiety and raise some of the feel-good chemicals in our brains.

Don't have a pet of your own? See if a neighbor will give you some snuggle-time with their pet in exchange for your helping walk, feed, or brush their pet.

YOU ARE MY SUNSHINE

Sunshine stimulates the production of serotonin, one of your brain's feel-good hormones. Serotonin boosts your mood and increases your focus. It also helps your body regulate its wake/sleep cycle. Sunshine helps your body produce Vitamin D, a necessary nutrient.

While you are outside, soak up some fresh air. And give yourself bonus points if you can bask in sunshine, in the fresh air, in an environment with some "nature." Even if it's just a picnic on the grass, it can do wonders for your mood.

MINDFULNESS

Quite the opposite of exercise, being mindful slows down our bodies and our minds. Try a 5-4-3-2-1 technique.

Sit quietly, paying attention to your breathing. Slowly name:

- Five things you can see
- Four things you can hear
- Three things you can touch
- Two things you can smell
- One thing you can taste

It's not a race! Breathe and enjoy the process.

PLANT YOURSELF

Make your space a little greener and take advantage of feel-good microbes in the soil. Dig around in the dirt and plant some seeds or seedlings. If you don't have a garden, start one on your balcony, or ask your apartment or compound if you can plant some flowers in a border outside.

THINGS TO DO

Keep yourself organized by making a To-Do list of the things you need to do each day. Make sure that you put some fun thing on it like: be awesome today, or hug 2 people. It will feel so GREAT to cross things off your list!

SHUT YOUR.... EYES

A lack of sleep has been tied to greater stress levels, mental exhaustion, and shorter tempers. During sleep, our bodies repair the day's damage and our minds organize our memories and move our learning from short-term memory into long-term memory.

Better sleep helps you focus and allows you to focus on the many positives in your life. To help you sleep better, try to go to bed at the same time each night, keep your electronics out of the bedroom, and try some relaxing yoga or mindfulness techniques to help you wind down at bedtime.

FOCUS ON SOMEONE ELSE

Think about the people around you. What kind of acts can you do that would be meaningful to them? What can you do that can make someone else happy? Focusing on the happiness of others has two benefits--they're happy because you are so nice (and they might be nice in return), and it focuses your thinking away from your troubles and on to someone else while also releasing those great feel-good chemicals in your brain.

Win-Win-Win-Win!

FOR KIDS AND KIDS-AT-HEART



International
School Counselor Association

My Weekly Checklist

School related checklist
Did I....

Check my emails daily during the school week?

Ask my teacher questions when I was confused or unsure?

Work collaboratively with my partner?

Complete all tasks that were set?

Attend any schedule face to face lessons?

Well being checklist
Did I...

Plan a weekly schedule for myself?

Engage in any physical activity this week?

Talk to my friends and/or family about any difficulties I am having?

Take a break from my screen time?

Have a balanced week between school work and my hobbies?

My own checklist
Did I...