

# Social-Emotional Resources for CSE Parents and Students

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## RESOURCES FOR TALKING TO YOUR KIDS ABOUT COVID-19 AND SCHOOL CLOSURES:

BrainPOP video about Covid-19: <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

“The Yucky Bug,” a book by Julia Cook illustrated by kids: <https://www.youtube.com/watch?v=ZD9KNhmOCV4>

National Association of School Psychologists – Talking to Children about COVID-19: A Parent Resource  
[https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

PBS – How to talk to younger children and great, kid-friendly videos on how to wash hands and prevent the spread of germs: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3ivbyAtRyTQoC-AHOP3HID5QgEqQneurBBPnE.L6Omv30#XmqzisKG7LAfacebook>

## SOCIAL-EMOTIONAL FAMILY AND STUDENT RESOURCES:

Help your family de-stress: <https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

## HELPING TO KEEP KIDS ENGAGED AND PARENTS SANE:

20 things to do with your kids indoors: <https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/>

How to thrive during a lockdown with kids: <https://www.treehugger.com/family/how-thrive-during-lockdown-kids.html>

## COMING SOON!

Mrs. Masters and Mrs. Day will be uploading read-alouds on a variety of counseling and mental health topics. Use course code SCTZ-V722-NKDZW in Schoology to join us!



# 25 Activities to Boost Every CSE Chameleon's Mental Health

<p><b>GO WITH THE FLOW</b></p> <p>Visit <a href="#">GoNoodle FLOW</a> and practice one of the mindful exercises.</p>	<p><b>FEELINGS CHARADES</b></p> <p>Think of a feeling and act it out. Can your family guess your feeling?</p>	<p><b>I LOVE ME AND YOU!</b></p> <p>Make a list of five things you <i>love</i> about yourself. Make a similar list for each member of your family.</p>	<p><b>MINDFUL MOMENT</b></p> <p>Practice "Grounding" List 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell, and 1 thing you taste.</p>	<p><b>COLOR YOUR WORLD</b></p> <p>Draw a picture of your perfect world. What will you be doing? Who will be with you?</p>
<p><b>MINDFUL MINUTE</b></p> <p>Practice sitting still for one minute – what sounds did you hear?</p>	<p><b>STRIKE A POSE</b></p> <p>Visit <a href="#">Kids Yoga Poses</a> to learn a new yoga pose – there are 58 in all!</p>	<p><b>CREATIVE CARING</b></p> <p>Make a card for someone you love telling them how special they are to you.</p>	<p><b>SIBLING LOVE</b></p> <p>Work with your sibling to make a list of things you enjoy doing together. Choose one thing to do together each day.</p>	<p><b>COPING SKILLS</b></p> <p>Brainstorm three strategies you can use to stay calm when feeling upset or stressed.</p>
<p><b>TAKE A COLOR WALK</b></p> <p>Find things in nature that are the colors of the rainbow: Red, Orange, Yellow, Green, Blue, Purple.</p>	<p><b>KINDNESS ROCKS!</b></p> <p>Paint rocks with kind words and messages. Take a walk around your neighborhood and leave them for others to find.</p>	<p><b>MINDFUL COLORING</b></p> <p>Visit <a href="#">Crayola</a> to print off a coloring page or use one of your own – practice positive thinking and mindfulness while coloring.</p>	<p><b>ATTITUDE OF GRATITUDE</b></p> <p>Make a list of 30 things you are grateful for.</p>	<p><b>SELF-CONTROL PATROL</b></p> <p>Play "Red Light, Green Light" with your siblings to practice self-control.</p>
<p><b>SING A HAPPY SONG</b></p> <p>Make a list of songs that make you happy. Listen to them anytime you need a pick-me-up.</p>	<p><b>GROW WITH MOJO ON DOJO</b></p> <p>Visit <a href="#">Class Dojo Mindset</a> and learn how to have a better growth mindset.</p>	<p><b>FEELINGS VOCABULARY</b></p> <p>Make a list of all the feelings words you can think of. Draw an emoji to go with each one.</p>	<p><b>BE LIKE HOWARD B.</b></p> <p>Visit <a href="#">We Do Listen</a> and choose one of the books to listen to, then complete an activity or play a game.</p>	<p><b>HELPING HANDS</b></p> <p>Make a list of five things you can do to help out at home. Do at least one of these each day.</p>
<p><b>FEELINGS FOUR-SQUARE</b></p> <p>Take a paper and fold it to make 4 sections. In each section, name a feeling and write about a time you felt that way.</p>	<p><b>CREATION STATION</b></p> <p>Use clean items from the trash or recycle bin to create your own "Calm Down Kit"</p>	<p><b>PLAY 5-SECOND RULE</b></p> <p>Create a list of topics. <i>Example: 3 Things That Make You Happy</i> Play the game with your family.</p>	<p><b>HOW TO BE A GOOD FRIEND</b></p> <p>Write or draw about all the ways you can be a good friend to others.</p>	<p><b>STORYTIME</b></p> <p>Visit <a href="#">Storyline Online</a> and choose a book. How was the main character feeling? What character traits did you notice?</p>