

Farmington River Families

I hope you are all staying safe! I miss seeing all of the kiddos everyday!
Here are a few things that may be helpful for your kids!

How to Explain the Coronavirus-19 to Children

Explaining the Coronavirus-19 to children can be challenging. Please use these resources to help you explain this complicated concept to children. Before showing your child one of the documents or videos please review to see if you approve first.

Videos:

- [Julia Cook reads The Yucky Bug \(K-2 grade\)](#)
- [Just for Kids: Comic Exploring the New Coronavirus from NPR](#)
- [How to Talk to Your Kid about Coronavirus](#)
- [How to Talk to Your Kid about Coronavirus](#)
- [Vimeo \(2-6 grade\)](#)
- [Brain Pop Video](#)

Documents:

- [Coronavirus-19 Social Story](#)
- [Yucky Bug PowerPoint](#)
- [A Story to Help Children Understand Coronavirus](#) from Music City Counselor
- [Coronavirus Talksheet](#) from Counselor Keri
- [Talking to Your Child About COVID-19: A Parent Resource](#)

Here are some social emotional activities:

- [25 At Home Socio-Emotional Activities](#)
- [Centervention Website](#)
- [Howard B. Wigglebottom Books, Animated Books, Songs, Posters, and Lessons](#)
- [Giant List of Ideas for Being Home with Your Kids](#)
- [Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic](#)
- [BrainPop Videos and Activities](#)
- [Kindness Videos](#)

Calming Activities

- [Calm My Worry](#)
- [Coloring Pages](#)
- [Action for Happiness Coloring Posters](#)
- [Grounding Techniques Instructions](#)
- [Keys to Resiliency](#)

SEL CHALLENGE & SCAVENGER HUNT

- (1) Find something you are GRATEFUL for that makes you LAUGH
- (2) Give a KIND compliment to a family member
- (3) Find an INSPIRATIONAL QUOTE & share it with a peer, teacher, counselor, or family member
- (4) ASK someone how they are
- (5) Write a kind NOTE or MESSAGE to a friend
- (6) Tell someone THANK YOU
- (7) Go OUTSIDE and FIND: a plant, something yellow, & something that makes you smile
- (8) Mindfulness 5-4-3-2-1: NAME 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- (9) Write a COMPLIMENT about yourself
- (10) Find something you are GRATEFUL for that brings you JOY
- (11) Go on a 5-10 minute walk and challenge yourself to not use any digital devices: Identify TEN things that start with the letter "R" on your walk
- (12) What is the BEST part of Digital Learning/Remote Learning? Take a SELFIE (or a short video) of you & your response
- (13) FIND something that represents COMPASSION
- (14) Find something you are GRATEFUL for that you just learned/discovered
- (15) As a BRAIN BREAK, do 20 Jumping Jacks, 15 Squats, 10 Lunges, 5 Push-ups

25

AT HOME



SOCIAL-EMOTIONAL LEARNING ACTIVITIES

<p>Practice your favorite breathing technique. Ex: Box Breathing (Breathe in for 4 sec, Hold 4, Out 4, Hold 4 - repeat)</p>	<p>Make a list of all the feelings you can think of.</p>	<p>Play emotions charades. Can your family guess your emotions?</p>	<p>Write a letter to someone to let them know you appreciate them</p>	<p>What is respect? What does it look like? Make a list of 10 ways to show respect at school and home.</p>
<p>Helping others brings us joy. Pick a chore to help your family with.</p>	<p>Make a poster to promote KINDNESS. Make a list of ways you can be kind to others.</p>	<p>Make a list of things that bring your joy and make you happy.</p>	<p>Mindful Minute - Go outside and sit, close your eyes for 1 minute, and focus on all the different sounds you hear. What did you hear? How do you feel?</p>	<p>Practice "Soup Breathing" Use hands to make "bowl" Smell the soup (in) and cool it off (out)</p>
<p>Make a list of things you can do when you are upset.</p>	<p>Read a book or have someone read to you. What feelings did you notice as you read/are read to?</p>	<p>What do you want to be when you grow up? Draw a picture of you doing that job. Ask a grown-up what they know about the job!</p>	<p>Grounding: Draw/ Write 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste.</p>	<p>How are you feeling today? Write/draw/talk about the feelings you are feeling today.</p>
<p>Think of three things you can do to help someone out in your house today!</p>	<p>Mindful Jar: On strips of paper write 10 things you can do to calm down/make you happy. Tear them and put them in a jar to choose from next time you are upset.</p>	<p>Power of YET: Write/draw about something you can't do YET, but want to get better at.</p>	<p>Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw/Write things that make you feel these emotions.</p>	<p>Namaste - Find a soft spot and practice YOGA to calm your body. (Cosmic Kids on YouTube is great)</p>
<p>Draw an outline of your body when it feels angry. Mark the parts your body feel anger in red. Ex: fist clench, heart races)</p>	<p>Gratitude: Draw or Make a list of things that are important to you/thankful for.</p>	<p>I-Statements - Role Play & Practice using I Statements "I feel _____ when you _____" Ex: "I feel <u>frustrated</u> when you <u>interrupt me</u>." - "I feel <u>upset</u> when you <u>call me a name</u>"</p>	<p>Friendship: What does it mean to be a good friend? Write/draw 5 things you can do to be a good friend.</p>	<p>Draw/List 3 things you like about yourself and/or things you are good at. Write some kind words to yourself. This can be a letter, drawings of kind words, or positive statements. Say them out loud to yourself.</p>