

March Snapshot

SNAPSHOT OUTLINE:

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|---------------------------------------|-------|
| 1. Talking to Children About COVID-19 | pg. 1 |
| 2. Online Resources & Activities | pg. 2 |

Due to COVID-19, Project AWARE Staff is working remotely, but can still be reached via email at khenry@sagchip.org

Excerpt from: *Talking to Children About COVID-19* The National Association of School Psychologists

Read the full article [here](#)

"Remain calm and reassuring.

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make Yourself Available

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Review and Model Basic Hygiene and Healthy Lifestyle Practices for Protection

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness: Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds); Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, etc.

Avoid Excessive Blaming

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Maintain a Normal Routine to the Extent Possible

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed."

Featured Online Resources & Activities!

[SAHMSA Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)

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[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

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[Tribal Library List of eBooks, online story times and activities](#)

[Anishinaabemowin \(Ojibwe Language\) Online Resources](https://library.georgiancollege.ca/c.php?g=3956&p=13806#s-lg-box-32807)

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[Free Online: Mindfulness Class for Kids!](#)

Classes will be held on Tuesdays, Wednesdays, and Thursdays @1pm EDT on Facebook Live:

<https://www.facebook.com/mindfulschools/>

[The eBooks K-8 Collection](#) includes beginner cookbooks, craft books, alphabet books, Diary of a Wimpy Kid series, Big Nate series, and a wide range of students' favorite sports' team, just to name a few.

[The eBooks High School Collection](#) has Illustrated Classics, Orca series, sports' collections, biographies, history books, STEM books, do-it-yourself projects, and over 1,200 young adult fiction titles.

Activities and online resources for homebound kids: A coronavirus guide

<https://www.livescience.com/coronavirus-kids-activities.html>

Other Free Online Resources & Activities Links

1. [Supporting Kids during Covid-19 Article](#)
2. [Talking to Kids about Coronavirus Article](#)
3. [Healthy Activities to do at Home](#)
4. [5 Meditation Videos for Kids](#)
5. [Yoga for Kids on YouTube](#)
6. [Yoga for Adults on YouTube](#)
7. [Drawing Classes for All Ages](#)
8. [PBS Kids Educational Games](#)
6. [National Geographic Activities for Kids](#)
6. [Exploratorium Science Activities & Lessons](#)