

# *Paris I.S.D. Mental Health, Social/Emotional and Behavior Support*

*March 30, 2020*  
*Week 2*

---



Fear and anxiety about disease can create strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. According to the CDC the following can help reduce stress and support your mental health:

1. Take breaks from the news, social media or discussing the virus
2. Take care of your body with adequate sleep, a well-balanced diet and exercise.
3. Avoid drugs and alcohol.
4. Take time for yourself. Read a book. Take a walk.
5. Connect with others.
6. Share your feelings and concerns with someone.
7. Everyone reacts differently to stressful situations.
8. If you take medication for depression, anxiety or other reasons, continue following the plan you have received from your provider.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



More...

@POSITIVELYPRESENT

[www.positivelypresent.com/pandemic-positivity.html](http://www.positivelypresent.com/pandemic-positivity.html)

## **Mental Health Resources for Parents and Students**

Dr. Becky Bailey Covid 19 –Resources for Families and Educators

<https://consciousdiscipline.com/>

CASEL CARES Initiative Social Emotional Learning Resources for Parents and Educators

<https://casel.org/covid-resources/>

Common Sense Media Resources for Families during the Coronavirus Pandemic

<https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic>

Child Mind Institute –Responding to Traumatic Events

<https://childmind.org/topics/concerns/responding-to-traumatic-events/>

Mindful Schools-Training Your Brain Videos-Growth Mindset

[https://www.mindfulschools.org/video/train-your-brain-to-be-kinder/?fbclid=IwAR2c41Xnvp1Qm4Qu3iH3U-GJYw2jNERGUZKQXQp3qVbVV0\\_43sP\\_Np5I3oY](https://www.mindfulschools.org/video/train-your-brain-to-be-kinder/?fbclid=IwAR2c41Xnvp1Qm4Qu3iH3U-GJYw2jNERGUZKQXQp3qVbVV0_43sP_Np5I3oY)



Rethink-Supporting Youth and Families

[https://www.rethinkstigma.org/covid-19-support.html?fbclid=IwAR2kusVU-3eOPUCAK1C\\_u5p9PzmRk9eyHOMjhiwifsM9Fr-dtiunO-hoixc](https://www.rethinkstigma.org/covid-19-support.html?fbclid=IwAR2kusVU-3eOPUCAK1C_u5p9PzmRk9eyHOMjhiwifsM9Fr-dtiunO-hoixc)

National Association of School Psychologist

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

**SEL For Virtual Learning**

**CHECK-in**

- Today I am grateful for ...
- My favorite (e.g., food, artist etc.) \_\_\_\_\_ is ...
- The person that makes me happy is ...
- Today I feel... (rate your feelings, scale of 1-5)

**Positive Affirmations**

**Mindful MINUTES**

- **Breathing.** (inhale for 4, hold for 7, exhale for 8)
- Smell the roses, blow out the candles

**A MINDFUL MINUTE**

What can I hear?

What can I smell?

What can I feel?

What can I see?

What can I taste?

**"JUST ONE BREATH" BREATHING ACTIVITY**

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

**Closing Your Lesson**

- My goal for today will be ...
- Today I want to give a compliment to ... (compliments to each other)

**#TEAMBCSD** **@LizBarajas007**

## Resource for Parents of Students with Special Needs:

Online Autism Training for Parents and Educators from University of South Florida

<http://card-usf.fmhi.usf.edu/resources/training.html>

Google Tools for Students with Special Needs

[https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?fbclid=IwAR2w-GHOOOp0PU9AxsgeHxaemyfZz7P-VHuHm7iiV3\\_XMIepoXCZMSHpVOWw](https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?fbclid=IwAR2w-GHOOOp0PU9AxsgeHxaemyfZz7P-VHuHm7iiV3_XMIepoXCZMSHpVOWw)

SEL Activities and Resources

<https://www.emotionalabcs.com>

<https://www.facebook.com/specialneedsforspecialkids1/>

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

Pictures, Visuals, Schedules

<http://www.beevisual.com/>

**Emotion Coaching in Hot Moments**  
Co-Regulate with the 3 Cs

1 <b>Center yourself.</b>	2 <b>Connect</b>	3 <b>Create Space</b>	Later... <b>Collaborate &amp; Problem Solve</b>
Examples:  Take three slow deep breaths.  Close your eyes and count to three.  Give yourself a pep talk: "I've got this. I've got this."  This is someone who is calm and can help me.	Examples:  Sit close by.  I'm not alone. Someone understands.  Kneel down (get on child's level). "It looks like _____, I understand."  Make eye contact. "I see _____, I've got you."	Examples:  "Let's take three slow breaths together."  "Let's go walk over there."  I can ask for help when I am upset.  "Let's sit here and we can read a book together."	Let's keep practicing coping skills in cool moments!  My _____ can help me. I also know ways to help myself.

Handout 4B  
For more SEEDS, visit [nrc.ucla.edu/SEEDS](http://nrc.ucla.edu/SEEDS)

**SEEDS for Family School Readiness**  
Cultivating School-Ready Families and Family-Ready Schools

# remind

for psychological services

If your child is served by special education and you would like to receive mental health resources and alerts during at-home learning, please sign up for the LSSP's Remind group.

LSSP Alerts  
@lsspal

Text this code to

81010

(Include the @ symbol)

# remind

for psychological services

If your child is served by special education due to an emotional disability or receives direct/consult Psychological Services from the LSSP, please sign up for the LSSP's Remind group on their campus.

Justiss  
@fieldjes

Aikin  
@fieldaes

Crockett  
@fieldcis

PJH  
@fieldpjh

PHS  
@fieldphs

Travis  
@msfieldth

Text their

campus code to

81010

(Include the @ symbol)

## **Special Education Resources for Behavior, Social and Emotional Health**

<https://sites.google.com/view/distance-learning-specialed/home/online-resources/behavior-supports?authuser=0>

<https://sites.google.com/view/distance-learning-specialed/home/online-resources/social-supports?authuser=0>

<https://sites.google.com/view/distance-learning-specialed/home/online-resources/social-emotional-resources?authuser=0>



# FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

PBS Kids	Youngzine
Make Me Genius	Fuel the Brain
Starfall	Mr. Nussbaum
The Magic School Bus	Exploratorium
Cool Math	Turtle Diary
Highlights Kids	e-Learning for Kids
ABCya	Sesame Street
National Geographic Kids	Fun Fonix
The KIDZ Page	Seussville
Funbrain	Tvokids
NGAkids Art Zone	The Story Starter
BBC History for Kids	NASA Kids' Club
Storyline Online	Crypto Club
Steve Spangler Science	Earthquakes for Kids
Mission US	Smithsonian Learning Lab
The Happy Scientist	Study Jams
Khan Academy	Grid Club
Cells Alive	Magic Tree House
KidsReads	DOGO News
Google Earth	Science Bob

## APPS FOR DYSLLEXIC LEARNERS

SOUNDS/LITERACY  
WHAT IS DYSLLEXIA  
DYSLLEXIA QUEST  
HAPPY MATH MULTIPLICATION RHYMES  
RHYMES  
READ 2 ME  
PHONICS WITH PHONOGRAM  
DYSGEGXIA  
DD'S DICTIONARY: A DYSLLEXIC DICTIONARY

## APPS FOR AUTISTIC LEARNERS

SIGHT WORDS  
SEQUENCES FOR AUTISM  
SEE TOUCH/LEARN  
WORDS ON WHEELS  
VERBAL ME  
AUTISM IHELP  
AUTISM DOT SHAPES  
AUTISM DOT LETTERS  
SPEECH WITH MILO

## APPS FOR THE VISUALLY IMPAIRED

VIA  
DRAGON DICTATION  
LIGHT DETECTOR  
COLOR ID  
TAPTAPSEE  
BE MY EYES- HELPING BLIND SEE  
TALKING CALCULATOR  
SAYTEXT  
ACCESSNOTE  
VISUAL BRAILLER

## APPS FOR LEARNERS WITH WRITING DIFFICULTIES

THE WRITING MACHINE  
WRITE WORDS  
LETTER SCHOOL  
ALPHA WRITER  
ABC POCKET PHONICS  
WORD MAGIC





For information to assist your child with Mental Health, Behavior or Emotional Supports contact:

Elizabeth Field, District LSSP [elizabeth.field@parisisd.net](mailto:elizabeth.field@parisisd.net)

Sandy McGregor, Special Education Behavior Specialist [sandy.mcgregor@parisisd.net](mailto:sandy.mcgregor@parisisd.net)

Angela Reid, District Behavior Specialist [angela.reid@parisisd.net](mailto:angela.reid@parisisd.net)

Joi Roberts, Special Education Director [joi.roberts@parisisd.net](mailto:joi.roberts@parisisd.net)

Savannah Wood, LPC Special Education [savannah.wood@parisisd.net](mailto:savannah.wood@parisisd.net)