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.



More... @POSITIVELYPRESENT

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

 $\frac{https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic}{pandemic}$

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-bekinder/?fbclid=IwAR2c41Xnvp1Qm4Qu3iH3U-GJYw2jNERGUZKQXQp3qVbVVo_43sP_Np5I3oY



Rethink-Supporting Youth and Families

https://www.rethinkstigma.org/covid-19-support.html?fbclid=IwAR2kusVU-3eOPUCAK1C_u5p9PzmRk9eyHOMjhiwifsM9Fr-dtiunO-hoixc

National Association of School Psychologist

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



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

 $\frac{https://www.controlaltachieve.com/2016/10/special-needs-extensions.html?fbclid=IwAR2w-GHOOp0PU9AxsgeHxaemyfZz7P-VHuHm7iiV3_XMIepoXCZMSHpVOWw$

SEL Activities and Resources

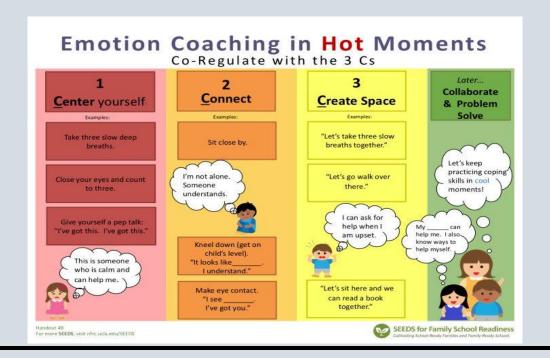
https://www.emotionalabcs.com

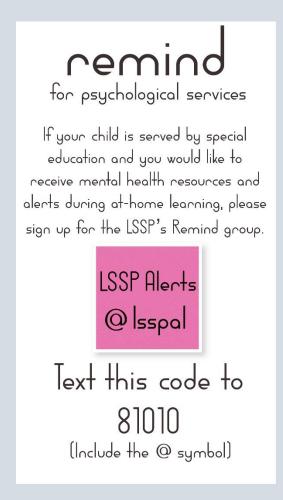
https://www.facebook.com/specialneedsforspecialkids1/

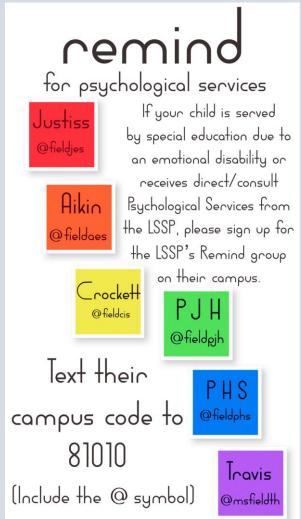
https://www.facebook.com/angelareidspecialedconsultant/

Pictures, Visuals, Schedules

http://www.beevisual.com/







<u>Special Education Resources for Behavior, Social and</u> Emotional Health

 $\underline{https://sites.google.com/view/distance-learning-specialed/home/online-resources/behavior-supports?authuser=0}$

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

 $\frac{https://sites.google.com/view/distance-learning-specialed/home/online-resources/social-emotional-resources?authuser=0$

FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit From ABCsToACTs.com

PBS Kids Make Me Genius Starfall

The Magic School Bus Cool Math Highlights Kids

ABCya

National Geographic Kids Fun Fonix

The KIDZ Page Funbrain

NGAkids Art Zone BBC History for Kids Storyline Online

Steve Spangler Science

Mission US

The Happy Scientist Khan Academy Cells Alive

KidsReads Google Earth Youngzine Fuel the Brain Mr. Nussbaum

Exploratorium Turtle Diary

e-Learning for Kids Sesame Street

Fun Fonix Seussville Tvokids

The Story Starter NASA Kids' Club

Crypto Club

Earthquakes for Kids Smithsonian Learning Lab

Study Jams Grid Club

Magic Tree House

DOGO News Science Bob

> APPS FOR DYSLEXIC LEARNERS SOUNDSLITERAČY WHAT IS DYSLEXIA HAPPY MATH MULTIPLICATION RHYMES RHYMES READ 2 ME PHONICS WITH PHONOGRAM DD'S DICTIONARY: A DYSLEXIC DICTIONARY APPS FOR AUTISTIC LEARNERS SIGHT WORDS SEQUENCES FOR AUTISM SEETOUCHLEARN WORDS ON WHEELS VERBAL ME AUTISM IHELP AUTISM DOT SHAPES AUTISM DOT LETTERS SPEECH WITH MILO APPS FOR THE VISUALLY IMPAIRED LICHT 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 IWRITE WORDS LETTER SCHOOL ABC POCKET PHONICS WORD MAGIC NBC 4

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Go outside & go for a walk.	Journal about what's going on in your mind.	Social media cleanse. Remove accounts that don't make you feel good.	Make an upbeat / feel good playlist.	Look up a recipe and try cooking.
Up your water intake - try to drink 64 oz.	Read for fun! Choose something you enjoy and just read.	Get creative! Use whatever you have and doodle, color, or paint.	Try out the Calm app to meditate and relax. (or YouTube)	Chat with a friend who makes you feel good.
Take a nap!	Try a yoga video on YouTube.	YOUR CHOICE Do something that will make you feel good.	Pick up or reorganize your room/living space.	Write down all of the things you are thankful for.
Create a bucket list.	Get 8 hours of sleep tonight.	Go for a 30 minute walk outside.	Watch your favorite movie or show with your favorite snack!	Write down your goals in life.
Write a positive letter to yourself.	Take care of your skin! Wash, moisturize, use a face mask.	Get dressed in an outfit that makes you feel great.	Do a workout outside.	Spend some time stretching and listening to relaxing nusic.

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

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