

Paris I.S.D.
Social, Emotional and Behavioral
Newsletter 6
April 27, 2020



Technology Based Tools (Apps)



CBT-i

App for insomnia

<https://apps.apple.com/us/app/cbt-i-coach/id655918660>



i-Chill

App for Anxiety and Stress

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



MindShift CBT

App for managing anxiety (adult and youth version)

<https://www.anxietycanada.com/resources/mindshift-cbt/>



Action for Happiness

This app is like having a little personal action coach in your pocket who:

- Gives you friendly 'nudges' with an action idea each day
- Sends you inspiring messages to give you a boost
- Helps you connect & share ideas with like-minded people

<https://www.actionforhappiness.org/smartphone-app>

Academic Support/Tools



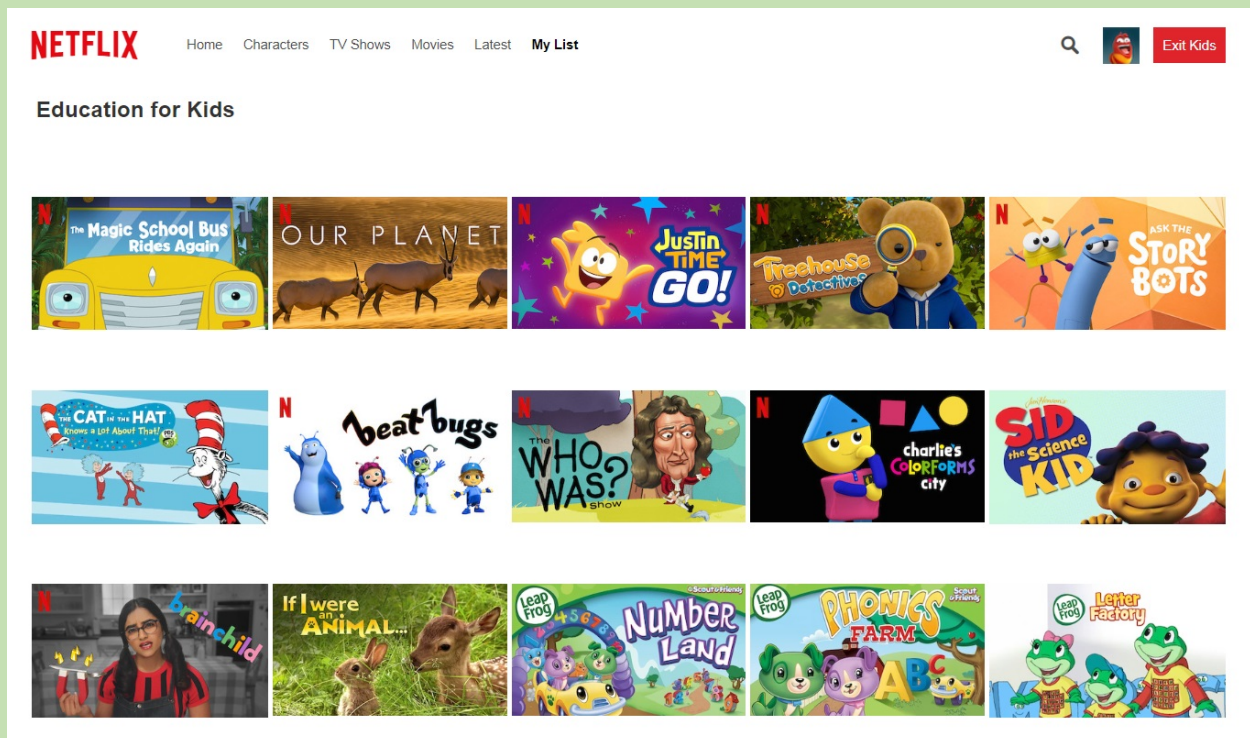
Region 11 ESC Educational Supports
Links to free academic resources for all learners.

<https://www.esc11.net/learning@11>



Academic resources now available on Netflix
Education for Kids Genre

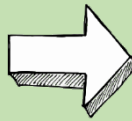
<https://www.netflix.com/browse/genre/10659>



Mental Health/Trauma Tools

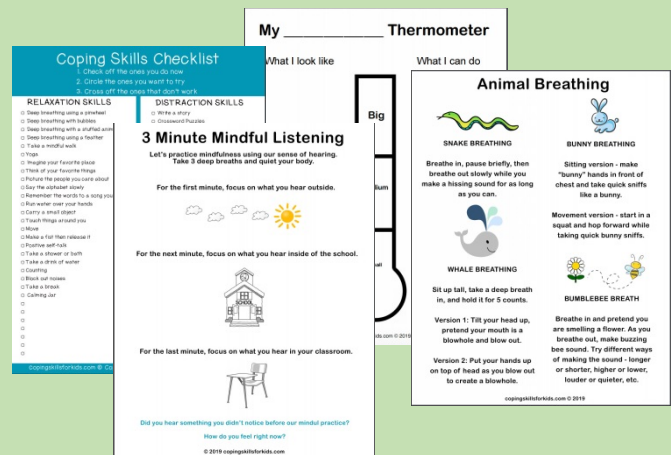
Coping Skills: Printable Activities From Teacher Vision and Coping Skills for Kids

Download a [PDF](#) of these four freebies...



and visit their website for many more...

<https://www.teachervision.com/blog/morning-announcements/coping-skills-printables>



Online Yoga for Kids

<https://www.youtube.com/ser/CosmicKidsYoga>

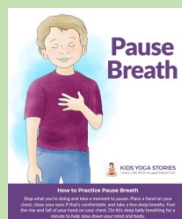


Free Yoga Visuals From Kids Yoga Stories



KIDS YOGA STORIES
Learn, Be Active, *and* Have Fun

<https://www.kidsyogastories.com/free-resources/>

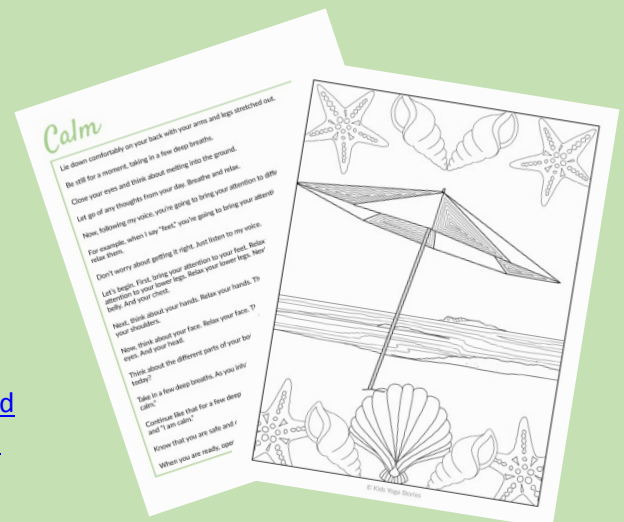


<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3Ac9eaf644-f30e-44c7-bae7-ce51ca9438bc>

Calm+Color From Kids Yoga Stories

Guided relaxation script and coloring sheet

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A482280a0-76dc-47f7-8f49-1840e1a7cdb4>



ACTION FOR HAPPINESS

Their monthly calendars are packed with actions you can take to help create a happier and kinder world.

[Meaningful May 2020](#): Daily actions to respond to this crisis with a sense of purpose and meaning.




ACTION CALENDAR: MEANINGFUL MAY 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe  				1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger








www.actionforhappiness.org
 31 actions to look after ourselves and each other as we face this global crisis together
 Keep Calm · Stay Wise · Be Kind

Download as an [image for sharing](#) or a [PDF for printing](#).

Download the actions to your calendar using this [Google Calendar](#) or [iCalendar](#) file.

There is also a [B&W PDF](#) version for those who want to print out in **black & white** and a [text-only version](#) for use with **screen readers**.

* Click [here](#) and scroll to the bottom to sign up to receive future calendars *

And don't forget their [app](#)...



Behavior Support Tools

Behavior Supports for Parents from CPI
(Crisis Prevention Interventions)
Setting Limits, the Power of Listening, and More!



[Top 10 De-escalation Tips](#)

[The Art of Setting Limits: A Guide for Parents](#)

[The Power of Listening: A Guide for Parents](#)

[Managing Your Own Anger: A Guide for Parents](#)



Free Resources
From Conscience Discipline

[A Brain Smart® Start for Our Day](#)

This book is a guide so you can practice a Brain Smart Start® at home with your child.

In Conscious Discipline we know that all behavior comes from an internal state. This book will help guide you so that you and your child start your day in an optimal state and make the best out of your day!

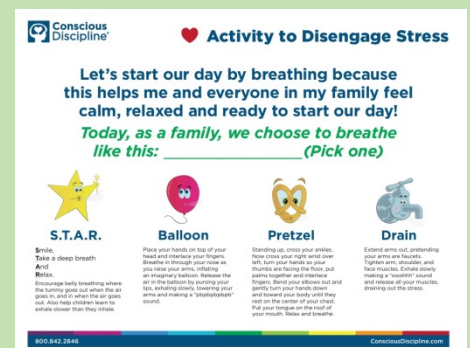
A Brain Smart Start has four components:

♥ Activity to Unite ♥ Activity to Disengage Stress ♥ Activity to Connect ♥ Activity to Commit

In addition, this book includes a few extra activities based on the Conscious Discipline program that will support you in helping your child maintain this optimal state throughout the day!

[Managing "Scared"](#)

Using this two-page printable, children begin by drawing or writing about things that trigger fear. The second page features activities that children can choose to calm their fear.



Exceptional Learning Tools (Special Education and Early Childhood)



Educational Resources from
Texas School for the Deaf and Hard of Hearing

<https://www.texasdeafed.org/covidresources>



Educational Resources from
Texas School for the Blind and Visually Impaired

<https://www.tsbvi.edu/>

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Parent Corner



Collection of links for Texas Parents from TWC

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aasc%3AUS%3A353085a8-7778-47eb-ab89-dad255dc4192>

Collection of links for Texas Parents UT Southwestern

<https://www.utsouthwestern.edu/covid-19/wellness/education.html>

UT SOUTHWESTERN
MEDICAL CENTER

Good Job

by Alicia Keys

<https://www.cnn.com/videos/entertainment/2020/04/24/alicia-keys-visual-premiere-good-job-coronavirus-town-hall-vpx.cnn>



Additional Resources/Links



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

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

P J H
@fieldpjh

PHS
@fieldphs

Travis
@msfieldth

To Join: Text the group code to 81010 or Search for the group in the [app](#) or [online](#)

VISIT OUR WEBSITE

<https://www.parisisd.net/SpecialServicesAtHome>



**“You can’t go back and
change the beginning,
but you can start
where you are and
change the ending.”**

—C. S. Lewis



 ***#BetterTogether***

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