

Paris I.S.D.

Social, Emotional and Behavioral

Newsletter 7

May 4, 2020



Technology Based Tools














Caring for Each Other

by Sesame Street

<https://www.sesamestreet.org/caring>

In response to the unprecedented uncertainty facing young children and families, Sesame Workshop's Caring for Each Other initiative marks the beginning of a commitment to support families throughout the COVID-19 health crisis with a broad variety of free resources.



<p> New This Week</p>	<p>Check this space weekly for all of the new content we're adding to help your family breathe, laugh, and play together.</p> <p>For Parents and Providers</p> <ul style="list-style-type: none"> Free Sesame Street Family Play app: Offers over 130+ real world games to play at home. Available in the iOS App Store and on the Google Play store. When Children Miss Their Friends: Learn about ways to help children stay socially connected, even when they're physically apart. Sesame Street Activity of the Week: Stoplight Game 	<p> Sesame Street in Communities Resources</p> <p> Talk with Your Kids</p> <p> Videos</p> <p> Games</p> <p> Printable Activities</p>
<p> Caring for Yourself & Your Family</p> <p> Play, Watch, & Learn</p>	<p> New This Week</p> <p> Caring for Yourself & Your Family</p> <p>New Videos</p> <ul style="list-style-type: none"> Practicing Social Distancing with Abby and Rudy Abby's Dance Party: Friends Dance with Rosita and Elmo Monster Meditation: Goodnight Body 	<p>Here are some tips to support you as a parent/caregiver during this time of stress and uncertainty.</p> <ul style="list-style-type: none"> Soothing & Comforting Each Other Taking Care of Oneself Talking with Your Child About COVID-19 Creating Routines During "The For Now Normal" Making Time for Play and Joy
<p> New This Week</p> <p> Caring for Yourself & Your Family</p> <p> Play, Watch, & Learn</p>	<p>These are stressful days for families everywhere, and with 50 years' experience in early childhood education and in helping children and their caregivers face challenging times, Sesame Workshop is here to help. Each week, as we roll out new content, a Sesame Workshop early childhood development expert will contribute a column here with strategies to help families find ways to breathe, laugh, and play together. We have also selected a few Sesame Street and Esme and Roy stories for you to take a break and enjoy with your child. In the columns below, we provide easy ways to extend the learning from each episode. We hope they provide not only comforting and joyful snuggle time, but that they inspire lots of playful learning moments.</p> <p>Week 5: Sesame Time for Teachers: It's OK Not to Be OK</p> <p>Week 4: Teach Kids a Superpower, Mealtime Math, and Fun Ways to Get Moving</p> <p>Week 3: Drawing, Cooking, and Moving Together</p> <p>Week 2: Managing Emotions, Routines, and Exercise Through Play</p>	



Family Play

by Sesame Street

https://apps.apple.com/us/app/sesame-street-family-play/id1506956446?ls=1&fbclid=IwAR1gAia2GuPffE0TsN8OEXSziK52_tjn-Pe-M8zIYyUNuLu7FYFzklhJy6U



More free apps

From Sesame Street



[Videos & Games](#)



[Elmo Loves ABCs Lite](#)



[Elmo Loves 123s Lite](#)



[Sésamo TV](#)



[Breathe, Think, Do with Sesame](#)



[The Big Moving Adventure](#)



[Let's Get Ready! Emergency Plan](#)



[Sesame Street and Autism](#)



[Sesame Street for Military Families](#)



[Sesame Street: Incarceration](#)

Mental Health/Trauma Tools

Mental Health and COVID-19 – Information and Resources

by Mental Health America



<https://mhanational.org/covid19>

Pandemic and quarantine information related to different mental health topics, such as:

- Addiction and recovery
- Anxiety
- Bipolar disorder
- Depression
- Domestic violence
- Eating disorders
- Effects of working from home
- Medication access
- OCD
- Sexual assault
- Skin picking
- Substance use

Additional mental health resources provided for the following categories:

- Financial Support
- Tools to connect with others
- Resources for Immediate Response (crisis hotlines)
- Webinars, Live Events, And Workshops
- For Mental Health Providers
- For First Responders
- For Parents
- For Caregivers
- For Older Adults
- For Domestic Violence Survivors
- For LGBTQ+ Individuals
- For Veterans

Helping Children with Traumatic Separation or Traumatic Grief Related to Covid-19

by The National Child Traumatic Stress Network

<https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19>



Some children may want you to know:

11. I have upsetting thoughts or remember scary scenes from when my loved one was taken to the hospital, or I remember other upsetting events or losses I experienced in the past.

12. Social distancing makes it hard to get a break from upsetting thoughts or worries, and to do the things that normally help me cope with stress.

9. It is hard to stay at home where things remind me of my loved one who is still sick or who died.

4. I am sad that I can't see my sick loved one in the hospital and I worry that they are alone.

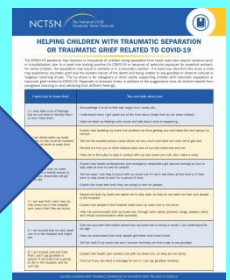
1. I may have a lot of feelings but am not able to identify them or why I have them.

10. I am afraid I will get sick too.

3. I am afraid that my loved one, who is a health worker or emergency responder, will get sick or die.

7. I am angry and sad that I did not get to say goodbye to my loved one and cannot have a funeral or gathering with family and friends.

Help them with these worries and more



You can also access additional resources for Childhood Traumatic Grief and Traumatic Separation at <https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>

Parent's Corner: Parenting Tips & Tools

A resource to help parents do the best job they can to raise their children



Fair \neq Equal

A word cloud of volunteer-related terms in various colors and sizes, including: GENEROUS, GIVING, KNOWLEDGE, SERVICES, ASSISTANCE, MISSION, AID, RESPECT, TOGETHERNESS, CHARITY, AUTHENTIC, US, VOLUNTEER, DONATIONS, TEAMWORK, HOPE, SUPPORT, RESCUE, CONTRIBUTION, ASSISTED, ADULT, and PERSON. Below the word cloud, a red pen is drawing a circle around the word 'mistakes' on a blue-lined background.



★ Anger and Violence	★ Fathers	★ Responsibility/Chores
★ Baby – Preschool	★ Healthy Lifestyle	★ School and Learning
★ Bullying Issues	★ Over-indulgence/Values	★ Self-Esteem
★ Child Development	★ Parent Focus	★ Sibling Rivalry
★ Communication	★ Parenting Adult Kids/Grandparenting	★ Technology Use
★ Discipline Topics	★ Places to Go/Things to Do	★ Teen Issues

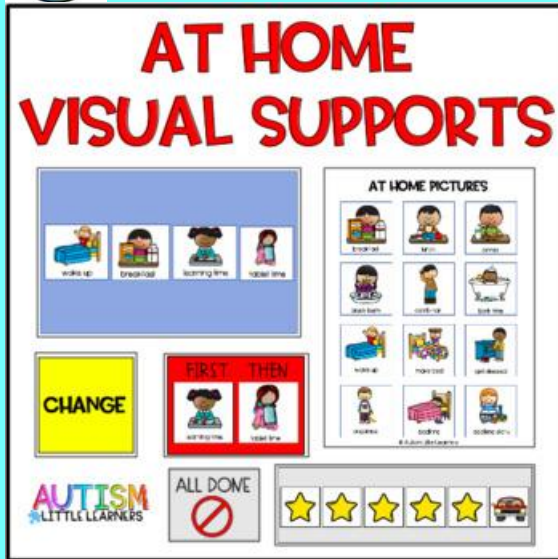
Visual Supports and Other Freebies

At Home Visual Supports

by Autism Little Learners



more  freebies



COVID Homeschool Choice Boards

by Murphey Marketplace



more  freebies



Home or School Daily Schedule

by Growing with Glynn



more  freebies



Rights/Responsibilities

Visual Checklists

by We All Belong



more  freebies



Roll & Exercise

by The ABCs of Autism



more  freebies



Toddler Home Schedule

by Simkin Speech Therapy



more  freebies



Home Checklists

by Teacher Poker Face



more  freebies



Big Problem or Small Problem

by The Speechie Lady



more  freebies



Visual Support Cards

by EALEE

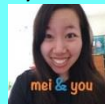


more  freebies



Behavior Supports

by Mei and You



more  freebies



Following Directions In the Home

by The Speechie Lady



more  freebies

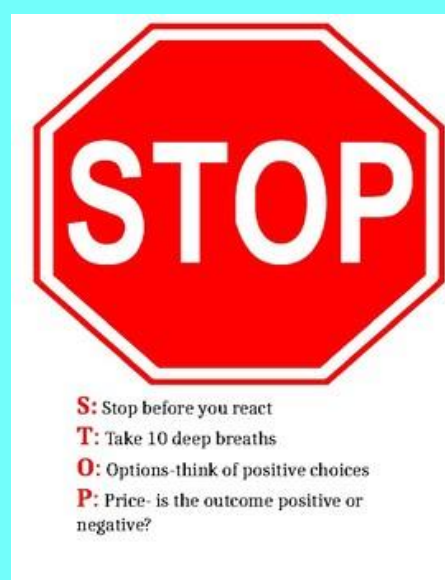


STOP Method

by Teacher Poker Face



more  freebies



Using Visuals to Help Our Students Better Understand Some of the Important Health & Safety Concerns Happening Now

by Don D'Amore MA CCC-SLP



more  freebies



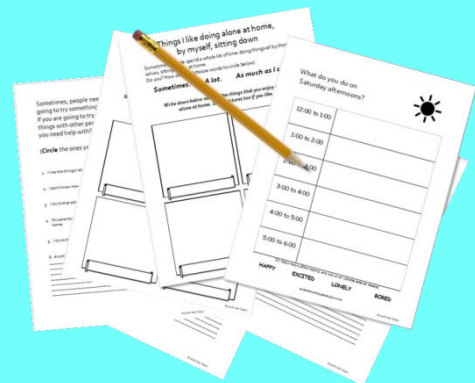
Joel Shaul, LCSW

A SPECTRUM OF POSSIBILITIES Autism Teaching Strategies

Seven social skills worksheets for kids who are socially isolated

By Joel Shaul, LCSW

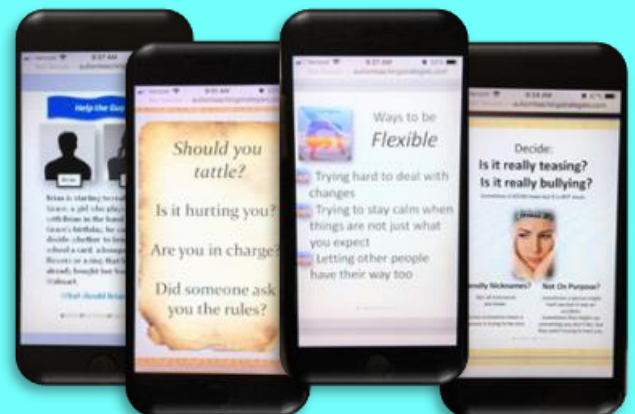
<http://autismteachingstrategies.com/autism-strategies/seven-social-skills-worksheets-for-kids-with-asd-who-are-socially-isolated/>



Free social skills resources you can access on your phone

By Joel Shaul, LCSW

<http://autismteachingstrategies.com/uncategorized/free-social-skills-resources-you-can-access-on-your-phone/?preview=true>



Free Social Skills Downloads

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, ^{and this summer} 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](#)

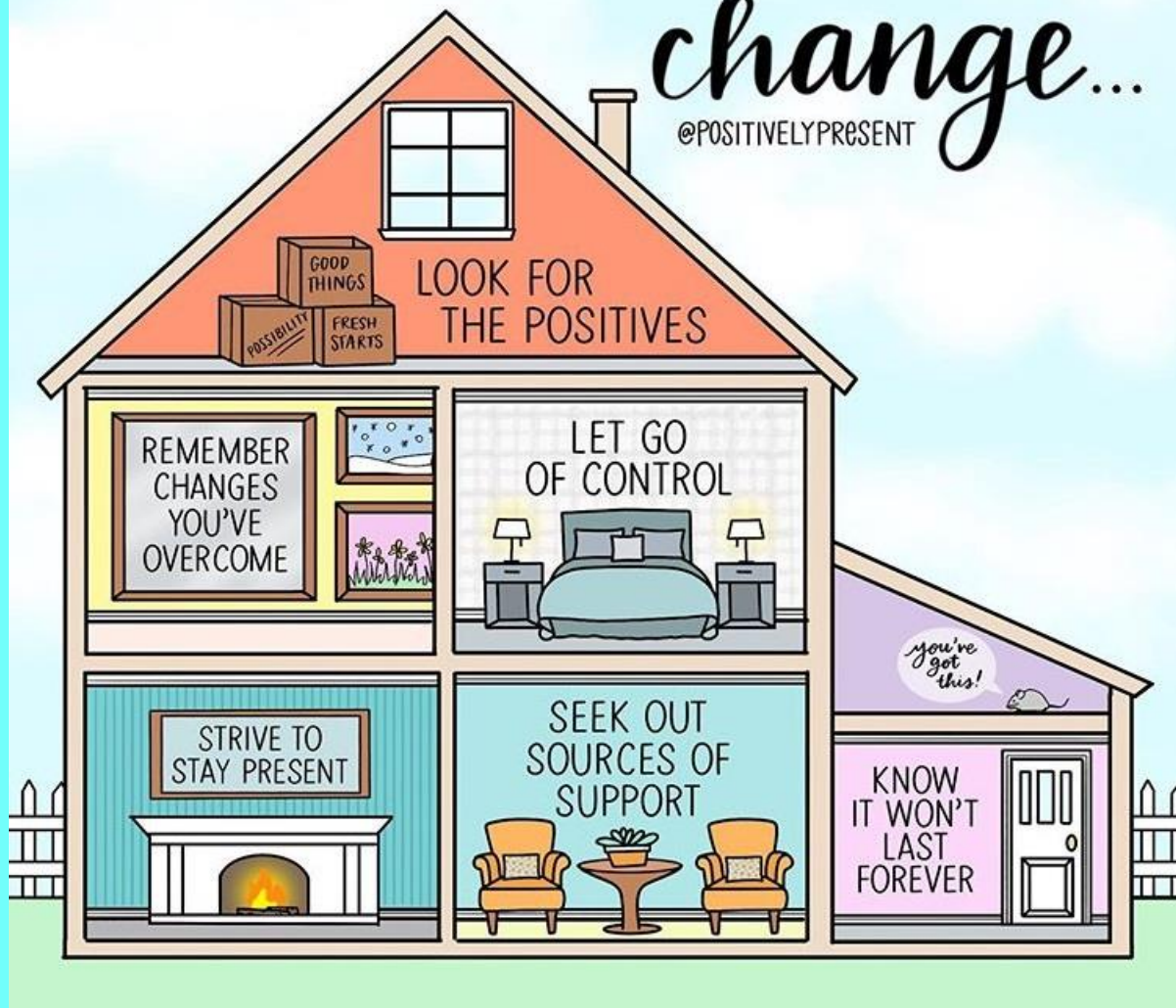
VISIT OUR WEBSITE

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



WHEN YOU'RE SCARED OF *change...*

@POSITIVELYPRESENT



 ***#BetterTogether***

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