



RESOURCES FOR FAMILIES

to Help Students Deal with the Academic, Social, & Emotional Changes during the COVID-19 Pandemic

Table of Contents

Behavioral, Coping, & Supporting Strategies	2
Online Resources for Distance Learning	3
Social-Emotional Wellness Resources for Families	3
Special Education Resources for Families	3
Social Stories	3
Crisis Hotlines	3
Crisis Guides	3
Coping with Grief	3
Social-Emotional Learning Activities at Home:	4
Apps & Books:	4
Screen-Free Enrichment Activities for Students:	4

Behavioral, Coping, & Supporting Strategies

1. **Stay calm and practice/model coping strategies for your children. Children look to the adults in their lives to assess situations and manage emotions.**
 - a. Focus on what you can control, see [this article](#) for more information.
 - b. Practice self-care as an adult, [here is a great resource](#) with additional information.

2. **Implement [behavioral strategies](#) for home-based learning**
 - a. Use [visuals](#). The use of visuals helps decrease anxiety and helps structure the day: Include daily schedules, expectations, and responsibilities.
 - b. Various resources are available for visual supports to help support students through these difficult transitions.
 - i. [COVID-19 visuals](#)
 - ii. [Supporting Individuals with Autism through Uncertain Times](#)
 - iii. [Build New Routines Strategy Packet](#)
 - c. Make a behavior [contract](#). Identify concerns, state expectations, and discuss the role that each family member has to help make the living conditions better.

3. **Talk to children about Coronavirus:**
 - a. [Seven crucial research findings that can help people deal with COVID-19](#)
 - b. [Tips for Talking to Children About COVID-19 \(Coronavirus\)](#)
 - c. [Supporting Kids During the Coronavirus Crisis](#)
 - d. [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)
 - e. Social Stories are another visual way to explain current events and reactions to children while meeting their developmental level. Here are a few social stories resources for children:
 - i. [A Comic Exploring The New Coronavirus](#)
 - ii. [I am a Virus](#)
 - iii. [COVID-19 Illustrated Guide](#)

4. **Use [Relaxation Techniques](#) to reduce stress and anxiety**
 - a. *Breathe*: Breathe in for 5 seconds, hold for 1 second, and breathe out for 10 seconds. The slow exhale is key as it tricks the brain into relaxing the body.
 - b. *Progressive Relaxation*: Tense a group of muscles as you breathe in, relax your muscles as you breathe out. Do this in order from top to bottom or bottom to top.
 - c. *Five Senses Grounding Activity*
 - i. Notice 5 things you can SEE.
 - ii. Notice 4 things you can FEEL.
 - iii. Notice 3 things you can HEAR.
 - iv. Notice 2 things you can SMELL.
 - v. Notice 1 thing you can TASTE.

Online Resources for Distance Learning

View our comprehensive list of online resources and activities for families to support distance learning below:

Social-Emotional Wellness Resources for Families:

[Parent Guide to Resilience](#)

[APA Seven Crucial Research Findings that Can Help People Deal with COVID-19](#)

[Talking to Children about COVID-19 \(Coronavirus\)](#)

[Supporting Teenagers and Young Adults during the Coronavirus Crisis](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Disaster and Trauma Responses of Children](#)

[Helping Teens Make Room for Uncomfortable Emotions](#)

Special Education Resources for Families:

[Supporting Individuals with Autism through Uncertain Times](#)

[School Closure Toolkit: Visual Schedules, Token Boards, Agendas and Other Resources](#)

Social Stories:

[A Comic Exploring The New Coronavirus](#)

[I am a Virus](#)

[COVID-19 Illustrated Guide](#)

Crisis Hotlines:

Call 911 if you are in danger and in need of immediate help.

Allegheny County Resolve Crisis Network: Call 1-888-7-YOU CAN (1-888-796-8226)

Butler County 24-Hour Crisis Line: Call 1-800-292-3866

Crisis Text Hotline: Text HOME to 741741

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255)

Safe2Say: Call 1-844-SAF2SAY or visit [Safe2SayPA.org](https://www.safe2say.org)

The Pine-Richland TIPS Line: 724-449-TIPS (8477)

Crisis Guides:

[Preventing Youth Suicide: Tips for Parents and Educators](#)

[Save a Friend: Tips for Teens to Prevent Suicide](#)

[Suicidal Thinking and Threats: Helping Handout for Home](#)

[Coping with Self Harm: Guide for Parents and Caregivers](#)

Coping with Grief:

[Responding to Change and Loss](#)

[Coronavirus and the Six Needs of Mourning](#)

[Helping Kids Grieve | Sesame Street in Communities](#)

[Questions Grieving Children Ask](#)

[Funerals in the Time of Coronavirus: Thoughts for Families](#)

[Grief Is a Long Journey](#)

[Losses of Many Kinds](#)

[What Grief Looks like in Children](#)

[How do we Celebrate Holidays Now?](#)

Social-Emotional Learning Activities at Home:

[Mind Yeti](#)

[Mindfulness Activity—Gift of You](#)

[GoNoodle: Home](#)

[Being Grateful for Big and Little Things—Activity](#)

[Mindfulness Class for Kids](#)

[25 Fun Mindfulness Activities for Children and Teens](#)

[Resilience Activity](#)

Apps/Books:

[Calm App](#)

[Headspace App](#)

[Stop, Breathe & Think Kids App](#)

[Smiling Mind App](#)

[Big Life Journal for kids](#)

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

Screen-Free Enrichment Activities for Students:

- Interview a family member.
- Measure the area and perimeter of each room in your home.
- Graph the types of birds that frequent your yard or windows.
- Be completely silent for 60 minutes, then write about the experience.
- Write and mail a [real] letter to a friend. Address the envelope yourself.
- Stargaze
- Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days.
- Determine and chart the times that different liquids require to turn solid in the freezer
- Construct a family tree.
- Draw a map of your home.
- Sit silently for 15 minutes while you write down every sound you hear. When you are done, classify the sounds (high/low pitch, high/low volume, manmade v. naturally occurring, etc.).
- Learn, practice, and perform a magic trick.
- Learn, practice, and tell three new jokes.
- Use household materials to make and play string, percussion, and wind instruments.
- Find, pick, and dissect a flower.
- If you have stairs, walk up and count them. Walk down and count by twos. Walk up and count by threes. Continue through tens.
- Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).
- Design a map of every state ever visited by people in your family.
- Using paper, tape, and string, design, build, and test a device that warns you when someone opens the kitchen cabinet.
- Make paper airlines and see whos can fly the furthest
- Egg drop- have children create containers for their eggs that they think will be able to withstand a far drop. Drop the eggs in their special containers and see whose egg does not crack.