

Brought to you by the Middle School Counseling Team

RESOURCES FOR STUDENTS DURING SCHOOL CLOSURE



Hello! We hope that you are feeling well and safe at home during this time. We recognize that this school closure is new for many students and may cause stress and anxiety. The middle school counseling team has put together some resources to help you while at home.

Information About COVID-19

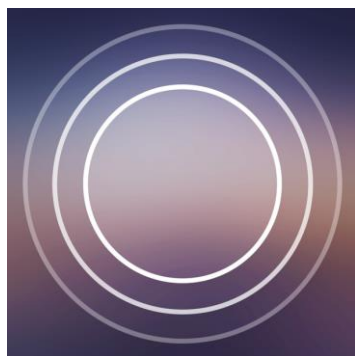
There is a lot of information out there on the news, internet, and social media about coronavirus. It is important to get your information from reliable sources. If you have questions about what you have heard or seen, ask an adult that you trust. Here are some resources that are reliable:

- A video from the Center for Disease Control and Prevention (CDC) explaining coronavirus:
<https://www.youtube.com/watch?v=OPsY-jLqaXM&feature=youtu.be>
- A video from Children Hospital in Colorado answering kids' questions about coronavirus:
<https://youtu.be/vSsKQPqpS7A>

Coping with Stress and Anxiety

This might be a time when you feel especially overwhelmed and anxious with all of the information and changes that are happening. Here are some ways to cope with those feelings:

Apps for Relaxation and Mindfulness



Here and Now



MindShift

The MindShift app greets you with a welcome

<p>Hear and Now measures your body stress by taking the pulse in your finger through your phone's camera. You can set daily reminders for deep breathing exercises. Though other apps have guided breathing, Hear and Now's guided breathing is my favorite. You can set the number of breaths you take, and they have suggestions as well.</p>	<p>message telling you there are steps you can take to stop anxiety from controlling your life. This app is good for helping teens work through their anxiety rather than avoiding issues that are causing it.</p>
<div data-bbox="315 520 688 894" data-label="Image"> </div> <p data-bbox="467 898 535 926">Calm</p> <p data-bbox="201 932 797 1142">Calm is the #1 app for mindfulness and meditation for teens. Even if you have never done any meditation before, Calm's guided meditations will walk you through it. They also have breathing programs, relaxing music, and sleep stories. Recommended by top psychologists.</p>	<div data-bbox="938 520 1305 890" data-label="Image"> </div> <p data-bbox="1091 894 1159 921">Aura</p> <p data-bbox="824 928 1409 1138">Aura walks you through 3-minute meditations to help you calm and destress. You let Aura know how you're feeling, and the app chooses the best meditation for you. Aura also offers mood tracking and daily reminders for breathing exercises.</p>

Limit Time on Social Media and Looking at Screens

Studies have shown that extended time on social media and looking at screens can negatively impact anxiety and stress levels. Here are some activities to do instead of being on social media:

1. Play board games as a family
2. Go for a walk outside (maybe with the family pet!)
3. Go for a bike ride
4. Bake/cook for fun (Baking recipes: <https://www.foodnetwork.com/topics/easy-baking>)
5. Read a book
6. Write in a journal (journal prompts: https://www.journalbuddies.com/journal_prompts_journal_topics/writing-prompts-for-middle-school-kids/)
7. Write stories!
8. Make a card or write a letter and mail it to a friend or family member
9. Make something out of all those Amazon boxes
10. Create experiments with supplies found around the house
11. Practice an instrument
12. Create art

13. Coloring pages (link to free printable coloring pages: <https://coloringhome.com/teenage-coloring-pages-free-printable>)
14. Make your own music videos to your favorite songs
15. Choreograph your own dances

Websites To Help You Cope With Stress and Anxiety:

- GoZen: Programs to Manage Stress & Build Resilience for Kids: <https://gozen.com/allprograms/>
- Mindfulness Exercises for Kids & Families: <https://mindfulnessexercises.com/mindfulness-exercises-for-kids-families/>
- Body Scan Meditation for Kids: <https://www.mindful.org/body-scan-kids/>
- Guided Breathing Exercise: <https://www.youtube.com/watch?v=awc8MLSpjIQ>
- Mindful Breathing Meditation Video: <https://www.youtube.com/watch?v=nmFUDkj1AqQ>
- Stress-Relief Guided Breathing Exercise: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Academic Tips

While you may not physically be on campus, it is important to continue with a daily routine and keep up with your schoolwork. If you feel that you need extra support for your learning, here are some websites to help:

- Free classroom lessons: <https://classroommagazines.scholastic.com/support/learnathome.html>
- Virtual field trips:
https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGkgeE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2oVw04L3iXMCST-Y4AC_kaFEtROQZ2GdAuBHDgU_KOy-B1RYMQAal-mwE&pru=AAABcQ7yciQ*PRI75dZgcZo33ZY4duGuxQ
- You all know this one: <https://www.khanacademy.org/>

