

Resources to help maintain Social Emotional Health in Your Home

In an effort to assist parents and families in maintaining your emotional health during this anxiety producing time we are all in currently, Avon Grove Pupil Services Department has come up with a list of resources and activities that you can review and try. Parenting, as we all know, can be challenging and the act of not transferring our stress and anxiety to our children can be quite difficult especially at times like this. While it is important that our children have a level of age appropriate understanding of this virus, it is also extremely important that we monitor their level of fear and anxiety and teach them how to cope in a healthy manner.

1. Center for Disease Prevention and Control - Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf

- Information regarding the emotional impact on children during an emergency.
- Tips for what to look for in your children and how to talk to them about their feelings and concerns
- Activity packet for children ages 3 - 10 years (2nd link listed)
- Additional Resources

2. Children's Hospital of Philadelphia - Talking to Children about the new Coronavirus Disease - COVID-19

<https://www.chop.edu/news/health-tip/talking-children-about-new-coronavirus-disease-covid-19>

- Tips for providing honest and simple information
- More resources to access if you have a concern for your child

3. Kids Health by Nemours A I Dupont Hospital - Coronavirus (COVID-19) How to Talk to Your Child

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

- Communicating with your child through finding out what they already know and providing honest feedback with comfort.

4. American Psychological Association - Keeping Your Distance to Stay Safe

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

- Information regarding how to practice social distance while maintaining the social support we all need.

5. National Association of School Psychologist - Helping Children Cope with Changes resulting from COVID-19 (English and Spanish)

<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>

file:///C:/Users/switt/Downloads/ESP_COVID-19_parent_handout_NASP_NASN_2-20_FINAL_ESUS.pdf

- Tips for how to stay calm, listen, and offer reassurance

- Awareness of your child's mental health

6. Pediatric Therapeutic Services - Children's Book: What is Coronavirus?

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3A7154c51e-045c-4322-873c-38b80c095bd2>

Community Assistance for Avon Grove Area

Food and Emergency Assistance

Kennett Area Community Service (KACS) - Contact: Leah Reynolds, leah@kacsonline.net

- Distributes food on Fridays (11:00 AM - 6:00 PM) at the center (136 W. Cedar Street, Kennett Square, PA 19348) - No registration or appointment required
- Rental and utility assistance available and case management services available

Oxford Area Neighborhood Services Center - Contact: Krys Sipple, krys@krystinesipple.com

- Providing Food, Rental, and Utility assistance, but only accepting clients by appointment currently and telephone screening of health symptoms prior to making an appointment.
- Food requests can be made over the phone and a designated pick up time will be made.

West Grove United Methodist Church - Contact: Pastor Monica Guepet, monica.guepet@westgroveumc.org

- Food Cupboard will be open every Thursday evening (typically open every other Thursday) - They are in need of donations as the demand has increased

Youth, Family, and other Social Services

The Garage Youth Center (Kennett and West Grove)

- Providing support for students through online tutoring, homework help, mental health support and enrichment activities.
- They are requesting donations of toiletries to give to families in need

Family Promise of Southern Chester County

- Families (usually hosted by churches) are staying in a hotel in Delaware. They have 6-8 additional families going through the application process right now.
- Emergency assistance is also available.
- **Looking to hire a part time case manager**

LCH (La Comunidad Hispana) (all Chesco) – Health Center & Social Assistance

Contact: Amanda Blevins, ablevins@lchps.org

- LCH is open for acute visits. Dental Center open for emergencies. Women's Center open for prenatal visits and OB/GYN emergencies.
- Social services available over the phone. They have been helping a lot of people with unemployment applications

Fun Activities to do with your family to practice Mindfulness and Social Emotional Health

Received from: www.PositivePsychology.com Practicing Mindfulness in Children and Teens

Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised.

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these **strong emotions** feel overwhelming.

- First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
- Finally, use the following script or take inspiration from it to form your own mini-lesson:

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”
(Karen Young, 2017).

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having the kids focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.

Safari

The Safari exercise is a great way to help kids learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones (Karen Young, 2017).

A similar exercise for adults is the mindfulness walk. This exercise provokes the same response in children that a mindful walk elicits in adults: a state of **awareness** and **grounding in the present**.

Social Emotional Activity Choice Board

(Try for 3 in a row each day!)

Set a goal that you want to accomplish today. Keep track of it all day, and celebrate when you reach it. Self-Management	Make a list of your responsibilities for today. Check them off as you accomplish them. Decision Making	Tell someone at home about something you are really good at doing. Then, tell them about something you want to get better at doing. Self-Awareness
Talk with someone at home about a strategy you can use to deal with angry feelings. Practice it together. Self-Management	As you watch a movie or show together, talk about how one of the characters is feeling. What would it be like to be in their position? Social-Awareness	With someone at home, talk about 2 ways you can be a responsible community member. Decision Making
As you read a book together, predict some consequences of a character's actions or choices. Decision Making	Make a list of 3 ways you can connect with friends and family even when you aren't seeing them in person. Relationship Skills	As you read a book together, tell a family member how you think one of the characters is feeling. Then, share a time when you felt that way too. Self-Awareness

