

Supporting Children Through Change

- What can I say?
- When kids have big emotions
- Help kids understand COVID

Check in Ideas:

Self-Care...

- What have you done today to help your body feel good
 - Have you gone outside?
 - Listened to music?
- Are you connecting with your friends? How are you doing that?
 - Be mindful of social media safety
- Get creative
 - Make "We are in this together" signs for the window
 - Make any kind of art

What Can I Say?...

- This is really hard
- I am here for you when you need me
- It doesn't feel fair...
- You matter and we miss you!
- Stay safe--School is important, but so is your health
- Be kind to your family
- We'll be here when you get back

When kids are having big emotions and showing big behavior as a result, help them name their feelings...

- “It looks like you’re really mad...your hands are making fists and your heart must be beating so fast...when I’m mad I feel better when I take deep breaths...”
- Tell kids it’s okay to have big feelings; it is okay to be sad and okay to be mad, but it is not okay to be unsafe with our bodies when we are feeling sad or mad.

Here are some things we can do instead:

- Take Deep Breaths (for little friends, blow out birthday candles, blow a pinwheel)
 - Listen to Music
 - Read a Book
 - Go for a run/do push ups
 - Punch a pillow
 - Ask for a hug or a squeeze
 - Draw
 - Yoga
 - Jump Rope
 - Journal
 - Name your feeling and what you need: “I feel _____ I need _____”
 - 5-4-3-2-1 Activity
 - Name 5 things you can see
 - Name 4 things you can touch
 - Name 3 things you can hear
 - Name 2 things you can smell
 - Name 1 thing you can taste
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Help kids understand COVID:

❑ Early elementary school children

- ❑ Provide brief, simple information that balances COVID-19 facts with appropriate reassurances that adults are there to help keep them healthy and to take care of them if they do get sick.
- ❑ Give examples of the steps people make every day to stop germs and stay healthy, such as washing hands
- ❑ “Adults are working hard to keep you safe”

❑ Upper elementary and early middle school children

- ❑ This age group is more vocal in asking questions about whether they indeed are safe and what will happen if COVID-19 spreads in their area. They need assistance separating reality from rumor and fantasy.
- ❑ Discuss the efforts national, state, and community leaders are doing to prevent germs from spreading.

❑ Upper middle and high school students

- ❑ Issues can be discussed in more depth. Refer them to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19.
- ❑ Engage them in decision-making about family plans, scheduling, and helping with chores at home.

❑ For all children, encourage them to verbalize their thoughts and feelings. Be a good listener!