

School District of Bayfield Family Support & Mental Health

A Covid-19 Resource Guide

How do I support my child, calm fears & maintain some sort of normalcy during a highly abnormal time?

“
It's Okay

- * To not know how to homeschool your own child
 - * To not know how to work from home
 - * To give kids more screen time than usual
- * To make a colorful daily schedule or just wing it
- * To not magically feel motivated to work out at home or take on a new hobby
 - * To not feel okay

This is not normal for any of us.
Please be kind to yourself.

- * Be gentle. They are feeling this too. Sometimes they might cry, sometimes they might forget, but underneath it all, they, too, know that this isn't normal. So have patience with them.
- * Create a routine. Get up at normal times. Have everyone get dressed. Go for walks. Have some stuff planned for them to do. The more of a routine in the abnormal you can create, the better.
- * Minimize talking about your deep fears around them.
- * Help them celebrate the simple things. This is a great time to teach them and demonstrate gratitude.
- * Let them feel. Letting children feel their emotions is important.. I tell the kids, “it's okay to feel – that makes you human.” So let them feel.
- * Have them write, draw, document, create. This is the time when history is being made. Encourage expression.
- * Help them connect with their friends. Schedule a zoom call. Write letters. Facetime with relatives. These connections can create healing, safety and joy. Try to provide these opportunities.

Keep Calm & Self-Care On (Link Below)

How to manage emotions and build structure at home during COVID-19

Self-Care & Mental Health for Kids

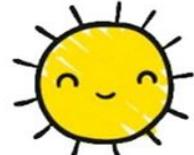


Share your own feelings to encourage self-awareness.



Focus on articulating feelings.
"I am angry."
"I am sad."

Recognize toxic stress events.



Set aside time for low-stress or solo activities.

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Find social groups that help them feel like they belong.



Practice self-care for yourself to set the standard.



Establish a self-care routine.

Cultivate interests and hobbies.

BlessingManifesting

Parents,
Prioritize your ability to remain regulated for your child over your ability to provide them academic instruction.

Academics don't protect your children from trauma.
Your relationship does.

Facebook.com/stephaniegrantphd

Daily Reflections

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

ISOLATION WELLBEING DAILY TO-DO LIST:

ESSENTIAL TASKS: SHOWER MEDICATION

CLEAN ONE THING/SPACE:

TEND SOMETHING GROWING: PLANT CHILD

BE MINDFULLY PRESENT TO...

A SOUND OR SONG:

A SENSORY FEELING:

SOMETHING YOU SEE:

A SPIRITUAL PRACTICE:

REACH OUT TO A HUMAN BEYOND YOUR HOME

DO ONE THING TO GET YOUR HEART RATE UP

& DO ONE THING YOU'LL BE GLAD YOU DID LATER

@LINDSAYBRAMAN

Time spent in Homeschool

How long should my child be spending on schoolwork?

- ★ PK/JK = 20 min
- ★ Kindergarten = 40 min
- ★ First grade = 1 hour
- ★ Second grade = 1 hour 20 min
- ★ Third grade = 1 hour 40 min
- ★ Fourth grade = 2 hours
- ★ Fifth grade = 2 hours 20 min
- ★ Sixth grade = 2 hours 40 min
- ★ Seventh grade = 3 hours
- ★ Eighth grade = 3 hours 20 min
- ★ Ninth grade = 3 hours 40 min
- ★ Tenth grade = 4 hours
- ★ Eleventh grade = 4 hours 20 min
- ★ Twelfth grade = 4 hours 40 min

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

| | | |
|---------------|---------------------|---|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Family walk with the dog Yoga if it's raining |
| 10:00-11:00 | Academic time | NO ELECTRONICS Sudoku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Lego's, magnatiles, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30 | Quiet time | Reading, puzzles, nap |
| 2:30-4:00 | Academic time | ELECTRONICS OK Ipad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid showers x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |

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

Talk with someone at home about a strategy you can use to deal with angry feelings. Practice it together!

SELF MANAGEMENT

As you read a book together, predict some consequences of a character's actions or choices.

RESPONSIBLE DECISION-MAKING

Make a list of your responsibilities for today. Check them off as you complete them!

RESPONSIBLE DECISION-MAKING

COUNSELOR Keri
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

Make a list of 3 ways you can connect with friends and family even when you aren't seeing them in person!

RELATIONSHIP SKILLS

Tell someone at home about something you're really good at doing. Then, tell them about something you want to get better at doing.

SELF AWARENESS

With someone at home, talk about 2 ways you can be a responsible community member.

RESPONSIBLE DECISION-MAKING

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

Calendar of Virtual Field Trips for Families

| | | | | |
|---|---|---|--|--|
| 4/6 <u>How Science Powers Us - Tour of a pharmaceutical lab</u> | 4/7 <u>Children's Museum of Indianapolis (Museum at Home videos)</u> | 4/8 <u>The Louvre in France - The Apollo Gallery</u> | 4/9 <u>Discover Hawaii (takes a bit to load so please be patient)</u> | 4/10 <u>Bryce Canyon National Park, Utah</u> |
| 4/13 <u>Future U. - Visit Johnson Space Center and meet Boeing employees</u> | 4/14 <u>Dry Tortugas National Park, Florida</u> | 4/15 <u>The National Gallery, U.K</u> | 4/16 <u>Canadian Apple Orchard</u> | 4/17 <u>St. Louis Aquarium Galleries</u> |
| 4/20 <u>Stanley Black and Decker Makerspace</u> | 4/21 <u>The Louvre in France - History of the Louvre</u> | 4/22 <u>Space Shuttle Discovery</u> | 4/23 <u>Carlsbad Caverns National Park, New Mexico</u> | 4/24 <u>National Gallery of Art, Washington, D.C.</u> |
| 4/27 <u>National Museum of Modern and Contemporary Art, South Korea</u> | 4/28 <u>Monterey Bay Aquarium Live Animal Cams</u> | 4/29 <u>Hawai'i Volcanoes National Park, Hawaii</u> | 4/30 <u>Soar with Wings - exploring social/emotional health</u> | 5/1 <u>STEM Careers - Improving Animal Health</u> |

Social-Emotional Learning for Kids

Follow Links Below

Websites for At Home Social Emotional Learning

- [Move this World- Social Emotional Resources for Schools and Families](#)
- [Character Tree- Positive Character Traits](#)
- [Cosmic Kids- Yoga for Kids](#)
- [Go Noodle- Brain Breaks for Kids](#)
- [Greater Good in Education- Science based practices for Kinder, Happier Schools](#)
- [Growth Mindset Toolkit for Parents](#)

Mindfulness Apps

- Breathe, Think, Do with Sesame – ages 4+
- DreamyKid Meditation App Just for Kids – ages 8+
- Meditations for Kids – ages 4+
- Stop, Breathe & Think Kids: Focus, Calm & Sleep – ages 6+
- Super Stretch Yoga – 4+
- Wuf Shanti Yoga Fun Machine – ages 3+
- Calm

Brought to you by... The School Psyched, Your School Psych Blog



This incredible site has many resources to assist parents and students with questions about mental health, community mental health options, special education programs and services . We hope you find this helpful!

LINK:

<https://docs.google.com/document/d/1tInbrlOfvZ6vhP-SPWVzx2VUFHENoKwM01pSIN-lya8/edit?fbclid=IwAR3ZIvIVGPC6BagQR5wJtI-0ZvZtZEXPfeM2il8jKlwkLz7KafC-OyB-4kE>

MINDSET MATTERS

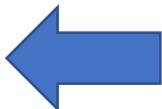
Mindset Shift During a Pandemic

- I'm stuck at home → I get to be SAFE in my home and spend time with my family
- I will get sick → I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick
- I will run out of items at home during self-isolation → I have prepared for this and I will use my items wisely. I have everything I NEED for now
- Everything is shutting down, I'm panicking → The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open
- There is too much uncertainty right now → While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time



How to Talk to your Child about COVID-19

Note: All Underlined text contains links to resources



[Link: About Social Distancing](#)

NASP; Parent Handout

[A document with suggestions for talking to your child about COVID-19](#)

[World Health Organization;](#)

A visual for talking with your children

American Academy of Pediatrics;

[healthychildren.org](#)

[So You've got Questions about Coronavirus?](#)

Kid friendly handout discussing what COVID-19 is, how to stay safe, and what do if a student is feeling worried.

Teens;
How teenagers can protect their mental health during coronavirus (COVID-19)
Social distancing and teens: How to help kids deal with coronavirus precaution and what adults can learn from this connected generation.

Books to Help Explain the Pandemic

LIVE BOOK READINGS:

Author Julia Cook will be reading some of her books on Mondays and Fridays at 8am MST/9am CST on Facebook Live, starting 3/20.

[Facebook.com/JuliaCookOnline](https://www.facebook.com/JuliaCookOnline)

3/30 - My Way or the Highway

4/3 – The Great Compromise

4/6 – Bubble Gum Brain

4/10 – Baditude

4/13 – Soda Pop Head

Audible is offering FREE audiobooks!

LINK: <https://stories.audible.com/start-listen>

A Terrible Thing Happened; Margaret Holmes - Ages 4-8. A story for children who have witnessed violence or trauma

The Way I Feel; Janan Cain - Explores feelings

What To Do When You're Scared & Worried: A Guide for Kids; James Crist - ages 9-13. A help guide to processing fears and worries.

Something bad happened: A Kid's Guide to Coping with events in the News; Dawn Huebner - Ages 6-12.

Have you Filled A Bucket Today? A children's guide to daily happiness; Carol McCloud

We are Thinking About Our Students!

QUESTIONS TO DISCUSS WITH YOUR STUDENTS ABOUT COVID 19

Students need to feel safe before their brains will be ready to learn. The following are suggestions of questions you can ask your students before diving into teaching the curriculum.



- How many of you are disappointed that...
- How many of you are excited that....
- What are you feeling about...?
- What is happening at your home?
- What has been the easiest thing about staying home?
- What has been the hardest part about being home?
- What are you most worried about?
- What are you feeling about having school like this?
- What are you missing the most?
- What questions do you have about the virus?



Yuma
Counseling
Services

Dear students,

Please know that your teachers are not enjoying this time away from the classroom. We think about you, we hope you are safe and healthy. We miss your stories, we miss your smiles, we miss you and we miss our classrooms with the energy you bring.

Love,
Your teachers



Bayfield County Mental Health Crisis Line

1-866-317-9362



The Trevor Project focuses on ending suicide among LGBTQ youth.
If you or someone you know needs help, we are here for you.



TrevorLifeline

If you're thinking about suicide, you deserve immediate help.
Call us anytime.
866.488.7386



TrevorText

Talk to a Trevor counselor via text message.
Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.
TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their
friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation,
gender identity and other topics can be found at:
TheTrevorProject.org/resources

TheTrevorProject.org

It's okay
to ask for help!

NATIONAL

SUICIDE PREVENTION LIFELINE™

I-800-273-TALK
www.suicidepreventionlifeline.org

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

A "Crisis" doesn't just mean suicide: it's any painful emotion for which you need support:

Bullying • School Stress • Depression • Anxiety • Suicide

Relationships • Friendships • Family Problems • Self-Harm

Crisis Text Line serves anyone, in any type of crisis, providing access to a trained counselor for support and information via the medium people already use and trust: text.

Emotional Wellbeing During the COVID-19 Outbreak

Bayfield County Mental Health Providers

Red Cliff Community Health Center – Behavioral Health

715-779-3741

Northlakes Behavioral Health

Ashland office: 715-685-2200 Washburn office: 715-373-2233

Northland Counseling

715-373-0160

Memorial Medical Center Behavioral Health

715-685-5400

Bayfield Schools Mental Health Support

Our mental health team is here for you!

Although it is important we physically distance ourselves, the mental health team will be working virtually to ensure the social and emotional needs of our students and families are met. To ensure support for your student(s), we will be available to talk with students via google hangouts or email.

Please be aware that confidentiality and mandatory reporting laws still apply through this platform.

School Counselor, Mr. Livingston - dlivingston@bayfield.k12.wi.us

School Counselor, Ms. Vinci - kvinci@bayfield.k12.wi.us

School Nurse, Ms. Noha – jnoha@bayfield.k12.wi.us

School Psychologist, Mr. Jardine – djardine@bayfield.k12.wi.us

A Reminder.....

“Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit.★
There's no one in the whole world who has this figured out yet.
So it's absolutely okay if you don't either ❤”