

MENOMONIE MIDDLE SCHOOL

RESOURCES

FOR PARENTS

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 families and this may cause stress and anxiety. The middle school counseling team has put together some resources to help you while at home.

**Some information within the document has been adapted from Rachel Andrews of Adams Middle School*

Speaking to Your Student about COVID-19

Concern about coronavirus can make both children and families anxious. It is important that we communicate to our students the facts about the virus in an age-appropriate way and reassure them that they are safe at home.

Here are some resources to communicate with your student about COVID-19:

- This article provides some guidelines to communicate what is happening with COVID-19.
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2Fiiy4zJDEYZbRFA3-pAgNRABOr-AeFD17Te7KyLPJBBnMYrjPPHANCfk](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2Fiiy4zJDEYZbRFA3-pAgNRABOr-AeFD17Te7KyLPJBBnMYrjPPHANCfk)

These guidelines include:

- Remain calm and reassuring
- Make yourself available
- Avoid excessive blaming
- Monitor television viewing and social media
- Maintain a normal routine to the extent possible
- Be honest and accurate
- Know the symptoms of COVID-19
- Review and model basic hygiene and healthy lifestyle practices for protection
- Discuss new rules or practices at school
- Communicate with your school
- Keep explanations age-appropriate
- This article and video provide more tips on how to talk to your child about coronavirus:
https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR2Oa-LC3mSOZY9IKRZhxkawUsHVe_uyuBKS51wKVlww7UAGZNWsn_c2omM
- Video to explain coronavirus to kids: <https://www.youtube.com/watch?v=OPsY-jLqaxM&feature=youtu.be>

Helping Students Cope with Stress and Anxiety

This disruption to routine and the overwhelming level of information about COVID-19 can result in students feeling stressed and anxious. It is important to give your student a sense of control by including them in positive meaning-making about the situation and brainstorming ways they can spend this time in a positive and productive way. Encouraging your student to find ways of helping others during this time can frame this time of uncertainty as a time of growth.

Articles about managing stress and coping with anxiety:

- Five ways to help teens deal with coronavirus anxiety:
https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell&fbclid=IwAR3pxh-faP-VgxUS_p2kWfX9fVzEQfKM4yZi8VNFF7w1BQgGRjE277YgNiA
- CDC article about stress and coping:
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html
- CDC article about helping children cope with emergency situations:
<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- Ways to avoid passing anxiety on to your kids:
<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>
- Further ways to support kids during this COVID-19 Crisis:
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
- Ways to take care of your mental health in the face of uncertainty:
<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- What to do and what not to do when your child is anxious:
<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Resources to help your student cope with the 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=nmFUDkj1Aq0>
- Stress-Relief Guided Breathing Exercise: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
- Child-Mind Institute Parent Resources for Coping with COVID-19:
https://childmind.org/?utm_source=newsletter&utm_medium=email&utm_content=childmind.org&utm_campaign=Weekly-03-16-20

Limiting Access to Television and Social Media

Ideas for Activities that Do Not Involve a Screen

1. Play board games as a family
2. Go for a walk outside
3. Go for a bike ride
4. Bake/cook for fun
5. Read a book
6. Write in a journal
7. Make a card or write a letter and mail it to a friend or family member
8. Make something out of cardboard boxes
9. Create experiments with supplies found around the house
10. Get a start on early spring yard work (if weather permits)
11. Practice an instrument
12. Create art

Activities for Families and Students During School Closure:

- Journaling prompts for middle schoolers: https://www.journalbuddies.com/journal_prompts__journal_topics/writing-prompts-for-middle-school-kids/
- Free coloring pages: <https://coloringhome.com/teenage-coloring-pages-free-printable>
- Baking recipes: <https://www.foodnetwork.com/topics/easy-baking>