



MENOMONIE MIDDLE SCHOOL RESOURCES FOR STUDENTS

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.

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

MMS Resources

Monday-Thursday you can find a new video from the school counselors in the ACP Google Classroom. Below is a schedule of what type of videos you will see:

Monday: Mindfulness with Mrs. Hugo

Mrs. Hugo will post a video each Monday, guiding you through Mindfulness practices and giving you tips for stress management.

Tuesday: Second Steps Lesson

Each counselor will post a video of a Second Steps Lesson for their Grade Level on Tuesdays.

Wednesday: Book Club with Mrs. Sygulla

Mrs. Sygulla will post a video on Wednesdays that will include her reading a couple chapters from a chosen read aloud, and some extension activities related to the book.

Thursday: Art Journaling with Mrs. Horner

Mrs. Horner will post a video each Thursday with ideas for using Art Journaling to process emotions and reduce stress.

Crisis Numbers

Northwest Connections

1-888-552-6642

Northwest Connections is a local crisis line, available 24/7 for individuals who are experiencing suicide ideation or self-harm. A trained crisis worker will help to develop a safety plan and provide support for necessary follow-up.

Crisis Text Line

Text "HOME" to 741741

National Crisis Line, available 24/7. A trained crisis counselor will respond via text.

Can be utilized for any emotionally stressful situation, including:

- Anxiety
- Depression
- Suicide Ideation
- Self-Harm
- Emotional Abuse
- Bullying
- Coronavirus concerns
- Loneliness

Contacting Counselors/Admin at MMS

Please use the Google Form linked below if you'd like to chat with Mrs. Sygulla, Mrs. Horner, Mrs. Hugo, Mrs. Walter, Mr. Anderson, or Mr. Boettcher. After submitting the Google Form, you will receive an email to set up a time to call or do a virtual meeting.

<https://forms.gle/27hCZQuZgK6mBWLq9>

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 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



Smiling Mind

The Smiling Mind app that helps users practice mindfulness and meditation.



MindShift

The MindShift app helps users learn more about how to work through and manage their anxiety rather than avoiding issues that are causing it.

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 cardboard 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>