

Counselor Corner

Tips

Maintaining a daily routine that includes getting up, getting ready, studying, eating, playing, going to bed, etc. at a similar time each day can create predictability and comfort in the chaotic time.

PBIS at Home

Consider creating a take a break spot in your home (especially useful if your child gets easily frustrated). This can be a quieter area that is removed from other things that might be going on in the room. The area could have a comfortable chair or pillow, and could have stress tools (squeeze ball, sand) or anything squeezeable, something with a soft texture, like a stuffed animal, a toy car or other tools. Ask your child what can help them calm down. Your child may be able to make a sign with a reminder about calming strategies, such as taking deep breaths, or counting to 10. The break area should be used for 5 minutes at a time when your child is feeling frustrated.

Videos That Can Help Explain the Coronavirus to Kids

Julia Cook “The Yucky Bug” video <https://youtu.be/ZD9KNhmOCV4>

Sesame Street and Caring for Each Other <https://www.sesamestreet.org/caring>

Autism Speaks Resources re: COVID-19 including social stories
<https://www.autismspeaks.org/news/covid-19-information-and-resources>



Self-care

Self-care is when you take the time to do things that make your mind and body feel calm and happy. By taking care of yourself often you are better able to handle stress or other feelings you may be experiencing. It is very important, especially during this time to find things that work for us and our families. A few things that have helped me are doing puzzles, playing board games, calls/video chats with family and friends, cooking new

recipes, and singing and dancing along to music. I'm sure you are finding and doing those things that work for you as well. Remember to take care of you! Listed below are self-care ideas that can be useful to us all:

- Drawing, coloring, painting, arts & crafts
- Reading a book or magazine
- Cooking or baking activities
- Playing games
- Completing a puzzle, crossword puzzles, word searches
- Having a sing-along or dancing
- Watching a movie or T.V. show
- Writing a letter to someone
- Writing in a journal
- Make a list of what you are thankful or grateful for
- Physical activity/exercise (walking, running, sit-ups, push-ups, jumping rope, etc.) *Want ideas? Check YouTube. The Peloton app is free for 3 months and has exercise videos you can do without special equipment.
- Clean, organize, and de-clutter around your home
- Having family time or even taking time to yourself

Article: "Self-Care in the Time of Coronavirus"

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

<https://childmind.org/article/el-autocuidado-en-los-tiempos-del-coronavirus/>

If you have any questions or need more information/support please reach out to us:

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