

Counselor Corner

PBIS at Home:

•At school, kids earn Tiger Tickets for following one of our school rules (Respect Learning, Ourselves, Others and Property). When giving a Tiger Ticket, teachers are asked to specifically tell the child why they are getting a Tiger Ticket. For example, "I like the way you respected learning by sitting quietly while your classmates finished their test."

Try this at home by giving your kid specific positive feedback. Instead of saying "Good job," try something that tells the kid exactly what they did that you liked. "I liked the way you helped by bringing the dirty dishes to the sink. Thanks!" Knowing exactly what you liked may encourage your child to keep up that behavior.

•Create a list (separate one for each kid/family member) of the tasks that need to be accomplished in a day. Allow your child to cross off tasks that they have accomplished, and plan small breaks between tasks. Having a list also allows for giving choices about what to do next. Keep in mind that many kids are overwhelmed by unlimited choices, so it may be helpful if you give two choices. "Would you rather read for 20 minutes, or work on this math assignment first? After you do whichever one you choose, we will take a 10 minute break."

Sesame Street and CNN Coronavirus Town Hall for Parents and Kids

CNN and Sesame Street hosted a Town Hall video series for kids and families answering questions and focused on a variety of topics about the Coronavirus. Below is information about what's covered in each section and a link to the videos.

<https://www.cnn.com/2020/04/25/us/cnn-sesame-street-town-hall-coronavirus-trnd/index.html>

Episode 1:

CNN National Correspondent Erica Hill and Chief Medical Correspondent Dr. Sanjay Gupta work with Sesame Street friends as well as ER Physician Dr. Lena Wen to answer kids' (mostly health related) questions such as:

- What's a town hall?
- What is COVID-19?

- When is this going to be over?
- Can I go swimming this summer?
- What does the Corona Virus look like?
- How does soap kill the virus? Should we drink soap?
- Why do some people get to go outside and I don't?
- How did the virus start?
- Can the virus exist in outer space?
- Why is the virus taking so long to go away?

Episode 2:

This episode touches on keeping up daily routines, the importance of masks (including how to make a homemade mask), social distancing, connecting with friends in this time, how to wash hands and some physical fitness ideas. It also answers the following questions from kids:

- Can I go out now that I have a mask?
- Will I be able to play baseball this summer if things get better?
- Is it better to use soap and water or hand sanitizer?
- How can first responders stay safe right now?

Episode 3

In this episode, Sesame Street characters Big Bird, Abby Cadabby, Grover, Rosita, and experts share how they are/how to deal with big feelings that have come with the coronavirus pandemic. Checking in with how we are feeling, validating that it's ok to feel this way, and strategies and coping skills we can utilize to help us feel better. Some of these strategies could be practicing mindfulness, playing, drawing, and writing down our feelings.

Episode 4

This episode addresses how to handle spending so much time at home. Suggestions are given around creating boundaries and structure for our children, especially around balancing screen time and providing different opportunities around play activities. Taking breaks from being in front of the screen is very important and engaging in different activities such as outside play, cooking with the family. Although it may look different during this time, sharing our experiences with friends and other family through phone calls and video chat are helpful in maintaining connection with others.

Episode 5

This episode focuses on talking about the loss of people we love (due to the virus and otherwise) and activities that help us process/remember loved ones who've passed away. It also addresses how to answer the question of how/why the virus is affecting communities of color at higher rates.

Episode 6

This episode focuses on healthy habits, including eating healthy/balanced foods, a pediatrician talks about handling the "new" normal that might exist in the future, and ideas for how kids can help others.

In case you missed them, look at our previous Counselor Corners for ideas about:

Week 1 (4/2) - Calming Strategy (Break Spot), Videos About Explaining the Virus to Kids, Self-Care

Week 2 (4/9) - Managing Feelings, Technology Tips

Week 3 (4/24) - Home Reward System, Hand-washing Tips

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

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