



# Levittown Public Schools

## Mental Health Newsletter



Dear Parents & Guardians,

Covid-19 has brought a host of physical symptoms that we are all familiar with by now. What is less discussed, is the psychological toll it has taken on us all. Chronic stress is the new normal, for many. It is vital to get some control of the stress, so that life is more bearable (and dare we say, more pleasant)! It is important to note that it makes sense to feel this way during such uncertain times! It is **not** irrational or weak to be experiencing anxiety.

This newsletter will focus on stress and anxiety. We list strategies to cope with stress, that we hope you find helpful and effective. Some fun activities are listed as well, that you can complete alongside your child. Finally, a list of resources is included.

With summer fast approaching, and assignments and zooms classes soon coming to an end, it is a good time to reflect. You have survived two months of restrictions and uncertainty, and yet--- you have SURVIVED! You are reading this newsletter and doing your best to care for yourself and your children. Please give yourself some credit and a pat on the back. And then give one to your child. We all deserve some recognition of what we have endured and continue to endure. This will eventually come to an end. Let's do our best to meet that end, with a greater sense of calm and control.

We hope you enjoy this compilation. Special thanks to Danielle Pignatelli, Social Work Intern, for helping to put it together.

Sincerely,

Lisa Gribetz, LCSW

School Social Worker

Liz Joyce

School Psychologist

# Steps to Address Stress

- 1) Name it & Tame it:** It's important to pinpoint the source of your stress. Write it down as specifically as possible and ask yourself how realistic your concern really is. Determine if the stressor is in your control or outside of your control. For those stressors in your control, make a plan of how to deal with it. For those outside your control, acknowledge that as there is nothing you can do about it, you need to release it. Choose a coping strategy you can use for when the concern rears its head. Whether it's mindfulness, journaling, or distracting activities like a good book, tv show, or board game with your child, choose what works best for you.
- 2) Limit Your News Exposure:** While it's important to stay informed, being exposed to a constant barrage of potentially frightening information, is highly unsettling. Furthermore, much of the information out there is false. Choose one reliable news source, like the Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/>. Also, select just one time of day when you will be consistently checking that news source, and make every effort to stick with that schedule.
- 3) Refrain from Judging Yourself or Others:** We are all unique individuals with our own history, biology, and approach to life. Everyone is affected by, and copes with, stress differently. Much of that is determined by current life circumstance (Are they in charge of the care of children or parents? Are they front line workers being exposed to potential contagion? Is there financial stress) and the presence of a previous psychiatric diagnosis. Personal coping styles differ. We can't expect everyone to have the same reactions we do. So, do your best to be kind to yourself and others, and to tolerate different reactions styles and coping methods.
- 4) Stay Connected:** Now more than ever, it is so important to stay in touch with friends and family. Research shows social support is particularly important to resilience and recovery during times of stress. The more isolated and alone we feel, the more likely it is that our mental health will suffer. Phone calls, texts, zoom calls, drive by hello's, and even social media are all a wonderful way to get the social support we need to stay connected.

# Relaxation Strategies

Several coping techniques and relaxation strategies are listed below. Try each out and use just the ones that work for you. These are all child friendly! So, once you have mastered them, encourage your child to join you in your Zen journey!

## **SIMPLE BREATHING TECHNIQUES**

Paying attention to your breathing is one of the most fundamental ways to relieve anxiety and tension. Here are a couple of simple ways to improve your breathing within the next few minutes.

### **Diaphragmatic Breathing:**

Put one hand on your stomach and the other one on your chest, and see which one rises when you breathe in... If it is your chest that is rising, it means you are breathing too shallowly (most of us do). This type of breathing may contribute to increase in anxiety and tension. “Deep breathing” we often hear about, contrary to popular belief, doesn’t actually mean taking in vast quantities of air. It refers to breathing deeply into your diaphragm, a domeshaped muscle which expands making your stomach rise when you breathe into it. Imagine that you have a bowl in your stomach that you are trying to fill in with air – see that stream of clean fresh air going down all the way into your stomach to fill the “bowl”. Practise breathing deeper until you can get your stomach to rise consistently on in-breath.  $\eta$

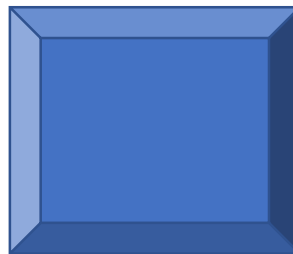
### **7/11 Breathing:**

This is a Martial Arts approach, where the out-breath is made longer than the in-breath, i.e. breathing in to the count of 7 and breathing out to the count of 11. This can be challenging to achieve straight away, so start with smaller counts: say, breathe in to the count of 4 and breathe out to the count of 6, increasing the count as you get more practice. Repeat a number of times.

### **Square Breathing:**

To “square breathe”:

- 1) Breathe in as you count to 4
- 2) Hold your breath to the count of 4
- 3) Breathe out to the count of 4
- 4) Count to 4 before breathing in again.



It can be helpful to rest your eyes on each side of a square for the steps 1 - 4 as you perform this exercise. Repeat a number of times.

NOTE: If you suffer from asthma or other breathing difficulties, please consult with your doctor before undertaking any breathing exercises.

## **Grounding techniques**

Grounding is a simple but effective therapeutic technique that can help you when strong anxiety hits. Grounding helps to bring a person back to the here and now, to realize that they are safe and in control of their reality and emotions. It helps a person to refocus and find calmness and strength in the present moment when they are highly anxious and emotional.

### **The 54321 technique:**

Name 5 things you can see in the room with you (e.g. chair, lamp)

Name 4 things you can feel (e.g. my feet on the floor, cool air on my skin)

Name 3 things you can hear right now (e.g. people talking outside)

Name 2 things you can smell right now (e.g. toast, perfume)

Name 1 good thing about yourself (e.g. I am strong)

When I feel \_\_\_\_\_,  
I can...  
do 54321 grounding

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### **Say your mantra:**

When you are not in an anxious state, it can be helpful to develop a list of personal mantras or affirmations that help you when you become panicked or disoriented. Write them down somewhere and keep them in your handbag or wallet. e.g.

“I am safe, I am here in the present moment.”

“This feeling will pass, nothing bad is happening right now.”

“I can handle these emotions, I am strong.”

### **Memory game:**

When you are feeling anxious, you need to try to reorient yourself to the present moment and using declarative memory can help with this. e.g.

Name as many types of dog breeds you can.

Name all the cities or states you have visited around the country or world

Repeat the alphabet backwards.

## **Visualization**

Visualization is another powerful technique that can help you unwind and relieve stress. Visualization involves using mental imagery to achieve a more relaxed state of mind. Similar to daydreaming, visualization is accomplished through the use of your imagination.

### **The Serene Beach Scene**

The following is a beach scene visualization exercise that you can practice on your own. Beach scenes are one of the most popular visualizations due to their calming and tranquil impact. Feel free to change it to better suit your needs and imagination. Use this visualization to relax, unwind and briefly escape from your day-to-day tasks.

## Visualization Exercise: White Sandy Beach

Imagine that you are resting on a white sandy beach and feel safe, calm, and relaxed as you think about the following:

- Turquoise water and a clear, blue sky
- The sound of soft waves as the tide gently rolls in
- The weight of your body sinking into your beach chair
- The warmth of the sand on your feet
- A large umbrella keeping you slightly shaded, creating just the right temperature

Relax your face and let go of any tension in your forehead, between your eyebrows, your neck, and your throat. Soften your eyes and rest. Allow your breath to slow down and match the rolling waves of the water. There is no effort to be here; spend time just taking it all in.

Once this relaxation feels complete, imagine that you get up and slowly walk away from the beach. Remember that this beautiful place is here for you whenever you need to come back. Take your time and slowly open your eyes.

If the beach scene doesn't really fit you, try coming up with your own visualization. Think of a place or situation that you find to be very relaxing, such as lying down in a large field of flowers and grass, or enjoying a beautiful view of a mountain or forest. When visualizing your calming scene, think about what you are experiencing through all of your senses. Notice what you hear, smell, taste and how your body feels. When you feel ready to leave your relaxation scene, take your time and gradually return your mind to the present.

To get better at visualization, try practicing at least several times a day. Relaxation techniques tend to be more helpful if you first start practicing at a time when you are not experiencing high anxiety. Through regular practice, you will more easily be able to use visualization when you really need it,

Adapted from [verywellmind.com](https://www.verywellmind.com)



## **Progressive Muscle Relaxation**

Progressive muscle relaxation is a technique that can help you ease stress symptoms by relaxing one muscle group at a time. You can use this technique anywhere—at home, at work, or elsewhere. Here are some easy instructions.

Find a quiet place free from distractions. Lie on the floor or recline in a chair, loosen any tight clothing, and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair. Take a few slow even breaths.

Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.

1. **Forehead.** Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel and the sensation of relaxation. Continue to release the tension until your forehead feels completely relaxed. Continue breathing slowly and evenly.
2. **Jaw.** Tense the muscles in your jaw, holding for 15 seconds. Then release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.
3. **Neck and shoulders.** Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.
4. **Arms and hands.** Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then slowly release while you count for 30 seconds. Notice the feeling of relaxation.
5. **Buttocks.** Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.
6. **Legs.** Slowly increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.
7. **Feet.** Slowly increase the tension in your feet and toes. Tighten the muscles as much as you can. Then slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.

Enjoy the feeling of relaxation sweeping through your body. Continue to breathe slowly and evenly.

## **Parent and Child Activities:**

### **Do-it-yourself Hand Sanitizer**

Many individuals and families are doing everything they can to keep themselves safe and protected during this time. Whether it's wearing masks and gloves or washing their hands constantly, no matter how you're taking precautions, we all don't want to run into any risks. The grocery stores seem to always be out of the most important items, like, hand sanitizer! Luckily, here is a way to skip the search and make it right in your home!

#### **Materials**

1 mixing bowl  
1 mixing utensil or whisk  
1 clean funnel  
1 washed and dried bottle with a resealable lid or hand pump

#### **Ingredients**

- 2/3 cup of ethanol, rubbing alcohol, or 91% of isopropyl alcohol. Lowest possible percentage for effective results is 70.
- 1/3 cup of aloe vera gel
- a few drops of essential oil (Lavender is a great choice, as it has a soothing scent that promotes relaxation. Eucalyptus is a good choice, as well, as it is said to aid in nasal congestion and asthma.)

#### **Directions**

1. Thoroughly clean the work surface with diluted bleach and wipe dry.
2. Pour ingredients into the bowl and carefully combine to gel consistency.
3. Transfer sanitizer to the clean bottle (using funnel).

- The World Health Organization recommends that the concoction sit for 72 hours to get rid of any bacteria the solution might have encountered during preparation.



## Do-it-yourself Mindfulness Jar

Sometimes our minds are full of thoughts, swirling around like glitter in a jar.

Sometimes we experience angry thoughts. Sometimes sad thoughts.

It's okay to have strong feelings but we can calm those thoughts and our bodies as well. One way to do this is to let your thoughts settle like glitter in a jar. When our minds are calm it's easier to work out problems and to talk about whatever it is that is causing us to be upset.

Shake the jar up until the glitter is spinning wildly. Then set it on a table or the floor and calmly watch until the glitter, and your mind, settles.

### **Materials:**

- Small jar (make sure it will hold liquid tightly)
- Clear glue
- Glitter
- A few drops of food coloring
- Hot water
- Whisk or a stick
- Super glue

### **Directions:**

- 1. Pour glue and hot water (tap water is okay) into the jar and mix with a whisk.** The glue gives the liquid a different thickness and makes impressive swirls of glitter.
- 2. Add some glitter.** You can start with 1-2 tablespoons of glitter. You can combine both chunky and finer glitter. Iridescent glitter will give a nice lighter look, so be sure to try it out.
- 3. Add a drop or two of food coloring**
- 4. When everything is blended, put the lid on and give it a good shake so the glitter is dispersed throughout.**
- 5. Let it cool without the lid.**
- 6. Secure the lid with super glue.**



\*Adapted from blissfulkids.com



## **More Parent and Child Activity Ideas**

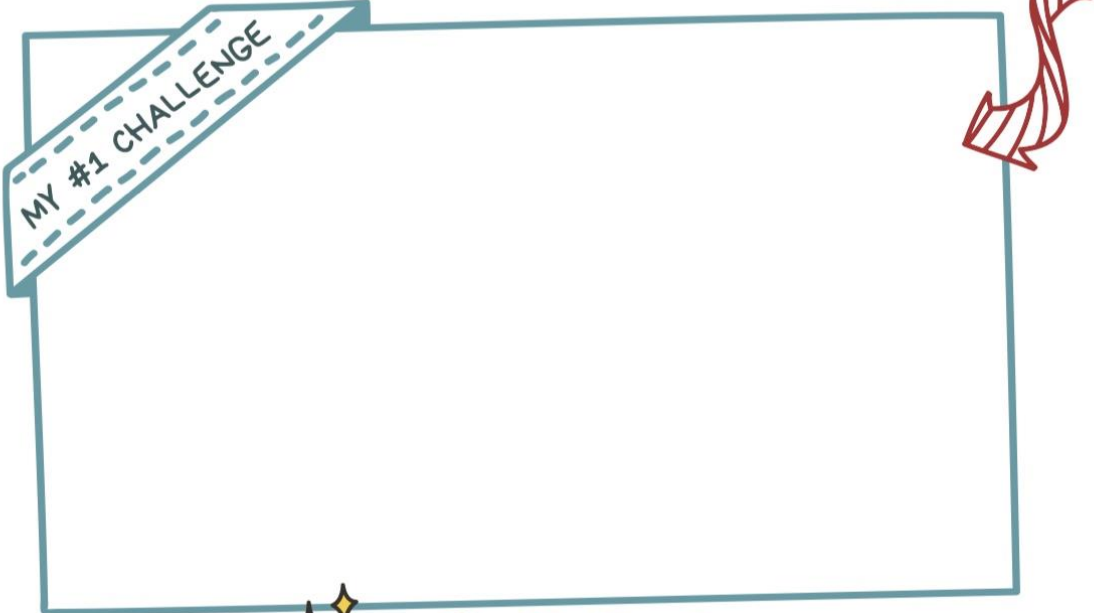
- Read a story together. One person acts out the story, while the other reads. Alternate roles.
- Plant some seeds and garden. The earth is healing.
- Color/Arts & Crafts-use whatever you find in your house, it can be a recycling/repurposing challenge!
- Play board games. Dig up some old ones. They can be a wonderful bonding activity, that you typically might not have time for. Take advantage of this time!
- Bake or cook together- experiment with different recipes. Allow your child to choose the meal menu one day a week and prepare it him/herself. (Use safety precautions. Perhaps this can be a no-cook meal.)
- Have an indoor or outdoor picnic. Invite the family pet, stuffed animals, or dolls to join.
- Make an obstacle course- inside or outside. Jump and somersault your way to giggles!
- Play with chalk. Draw on the sidewalk or in your driveway. Write optimistic messages for your neighbors to enjoy.
- Have a dance or singing competition. Let loose and have fun! This can be a great stress reliever.



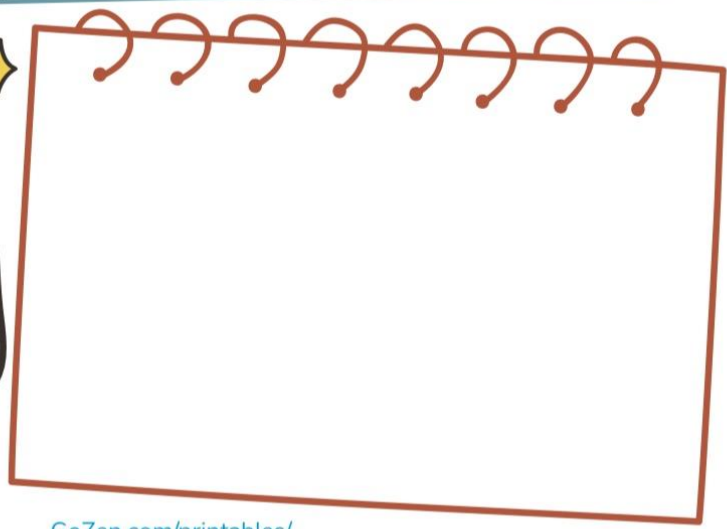
Stress Journal for Kids

What's the #1 challenge you're facing right now?

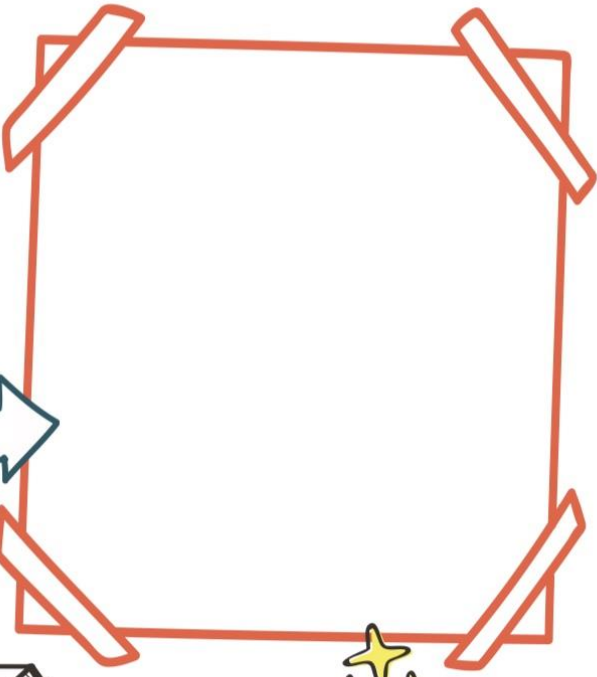
MY #1 CHALLENGE



Why is this challenging?



What does it look like when you get really frustrated with something?



When I'm frustrated:

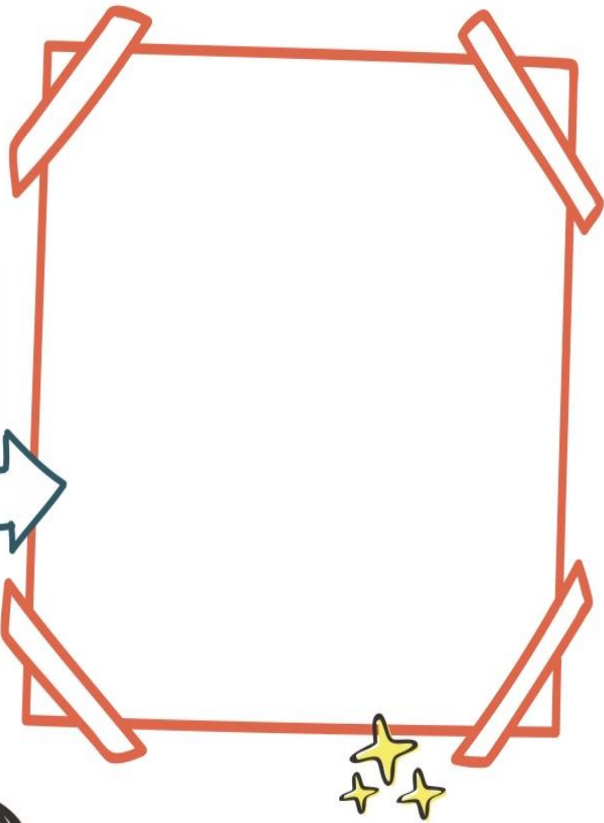


WHAT I THINK...

WHAT I FEEL...

WHAT I DO...

What does it look like when you are really calm and think logically?



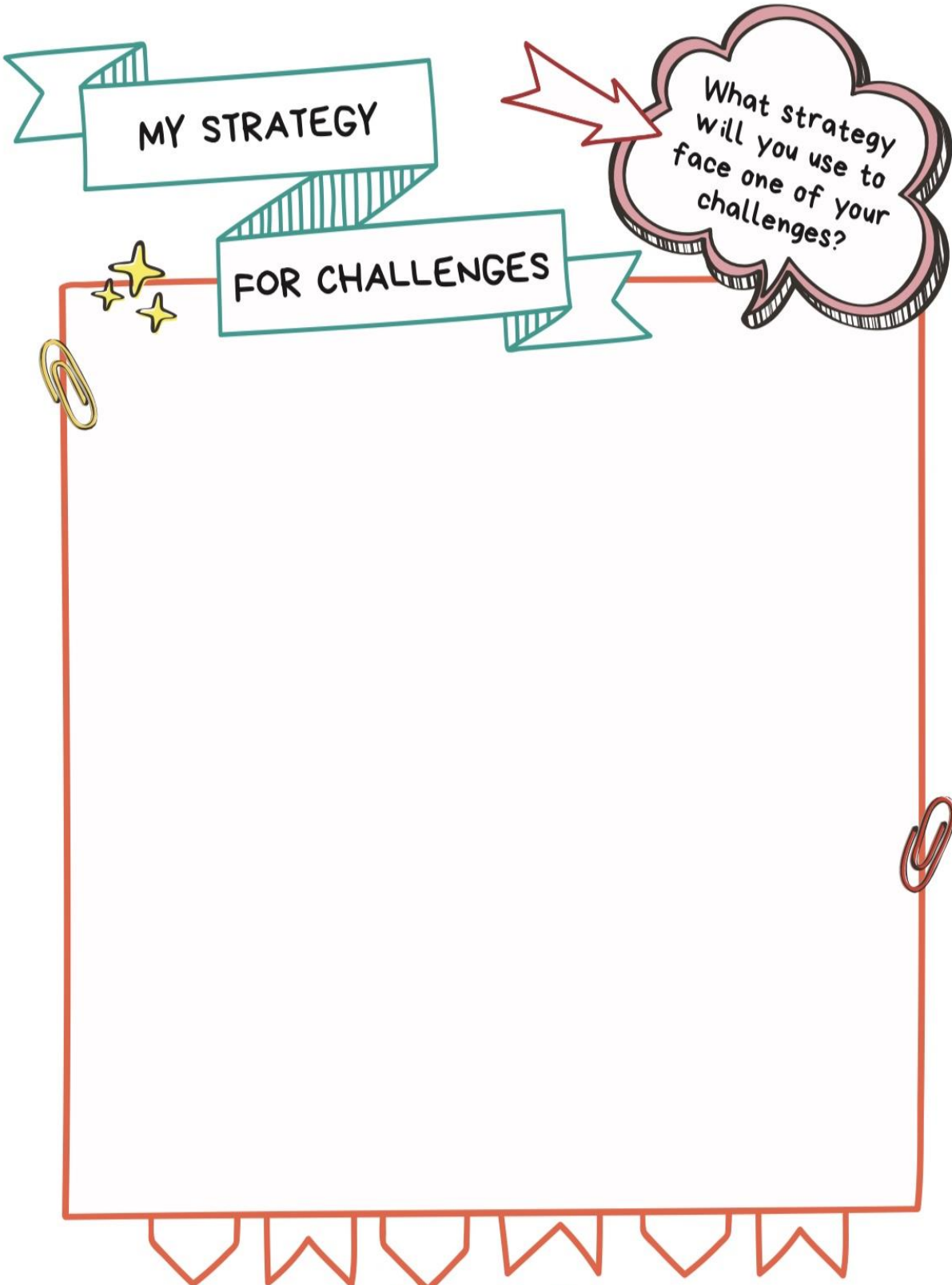
When I'm calm:



WHAT I THINK...

WHAT I FEEL...

WHAT I DO...



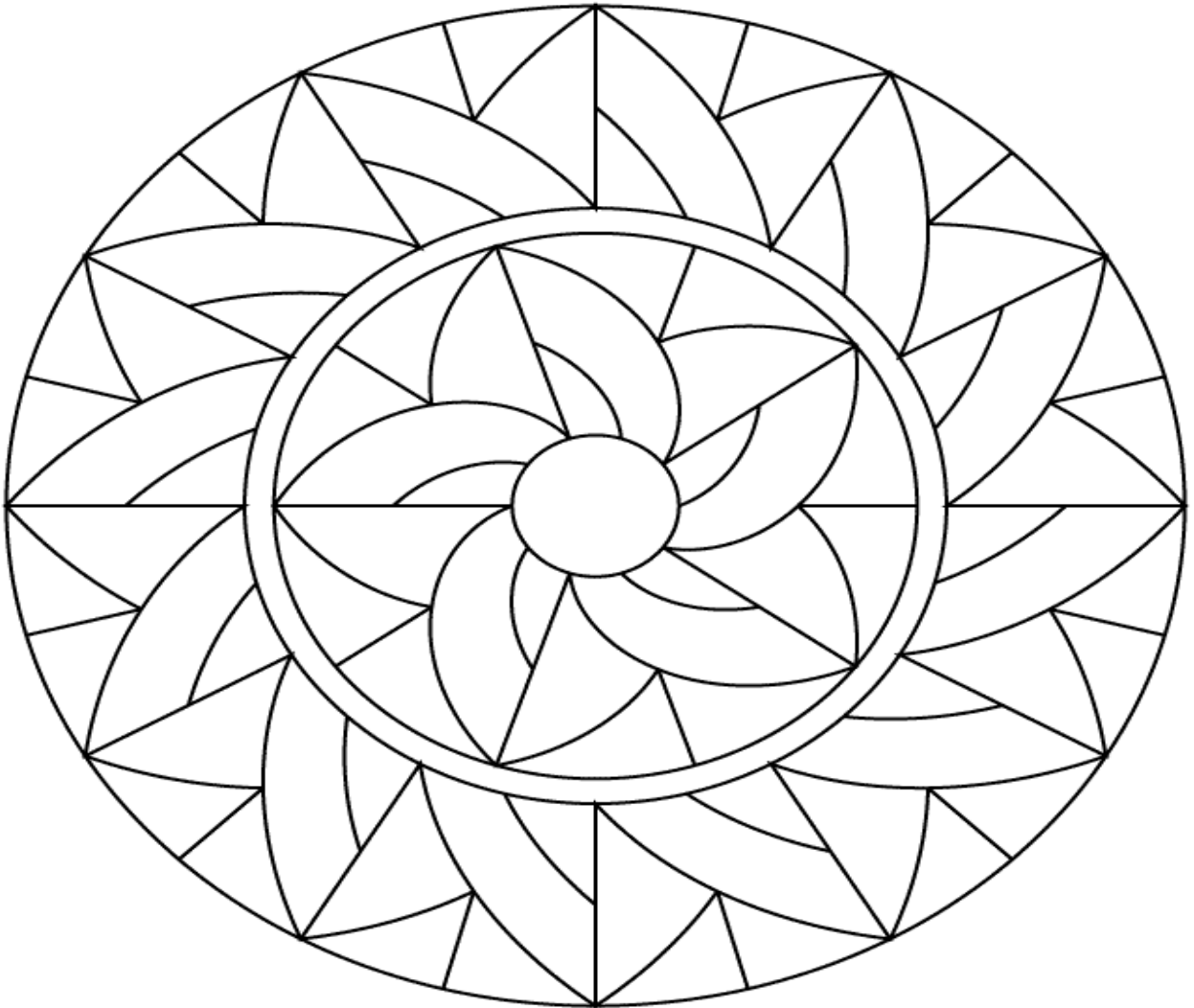


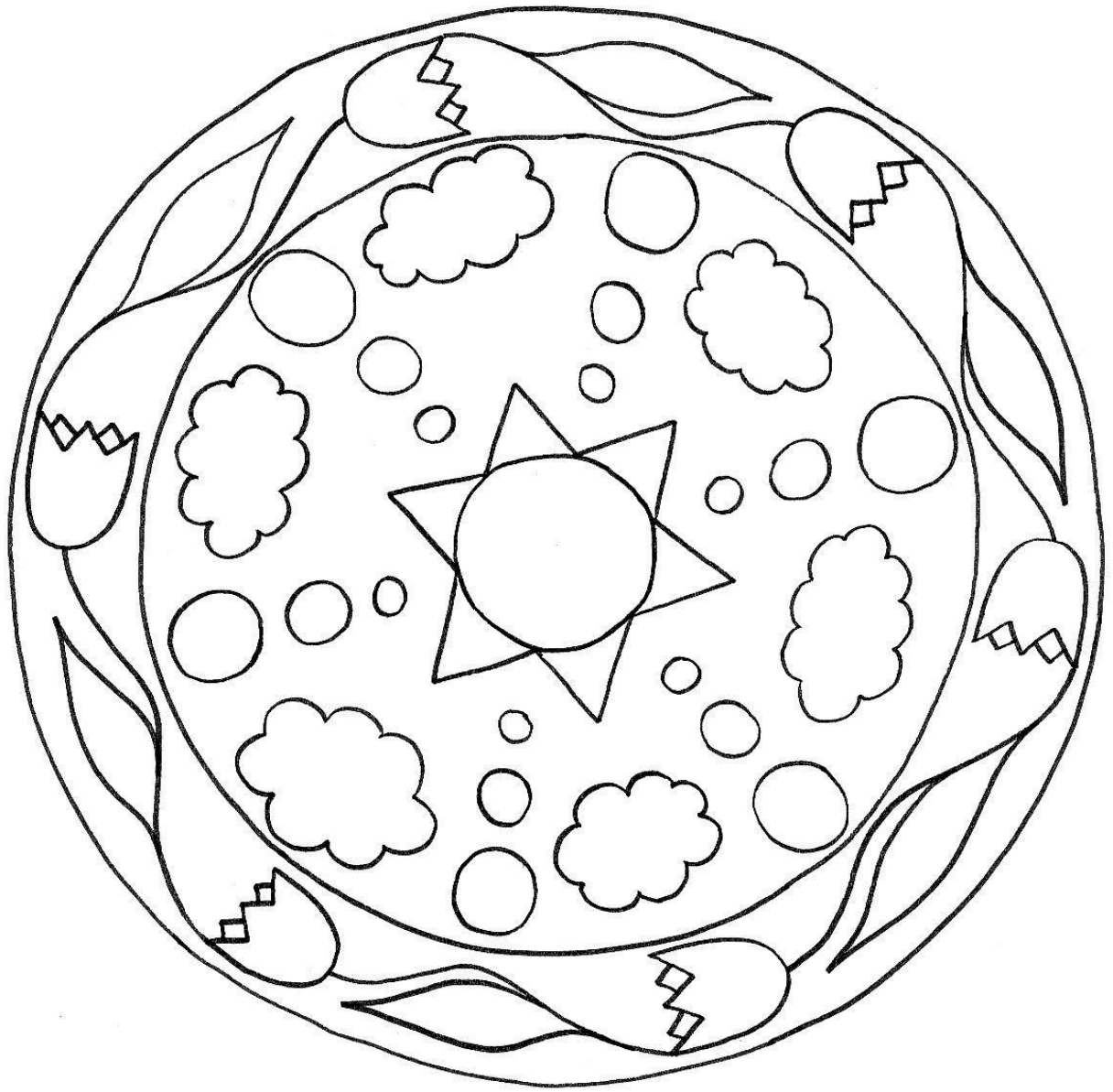
If one of your friends came to you after doing poorly on a test, what advice would you give them?



# Mandalas, Mazes, & More!

Mandalas are special circles that have unique meanings to each artist. **Mandalas** can use different colors, but they all have something in common: RADIAL SYMMETRY. **Mandala** art begins with a central point and all other lines/colors/symbols radiate out from that central place. When coloring, try not to think too much about your choice of color and don't worry about matching colors. Let your instincts guide you. After you begin with the first color, the rest will follow naturally.







Name \_\_\_\_\_ Date \_\_\_\_\_

# KINDNESS MATTERS

N	I	T	E	F	S	T	G	R	S	E	L	T	N	E	A	E	H
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P	U	G	T	T	O	O	E	K	N	I	C	S	I	H	A	G	L

- Love
- Grace
- Kindness
- Positive
- Compassion
- Cheerful
- Quality
- Enthusiastic
- Forgiving
- Helpful
- Patient
- Fair
- Fun
- Beautiful
- Laughter

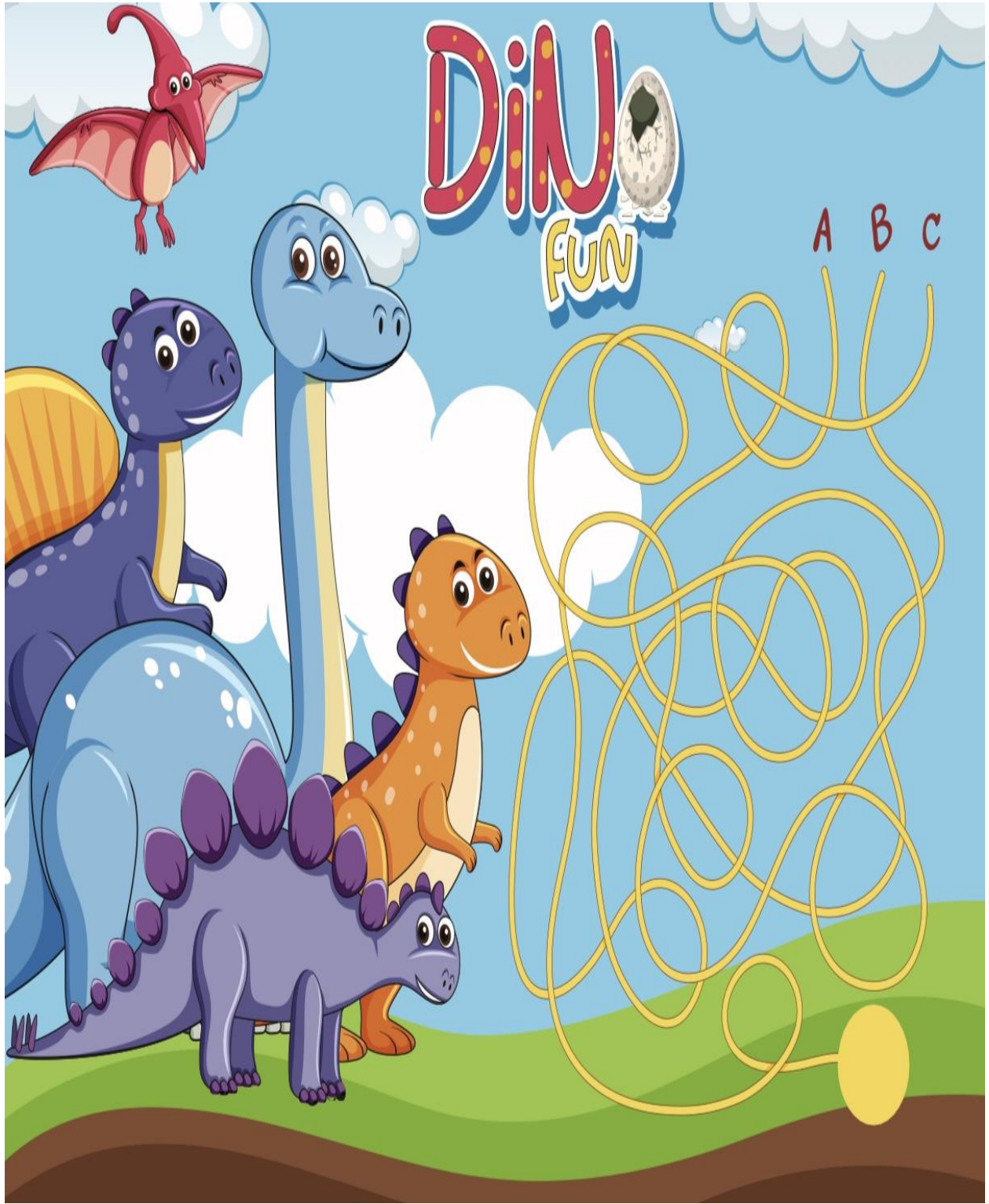
- Bright
- Cooperative
- Creative
- Responsible
- Delightful
- Thoughtful
- Optimistic
- Trustworthy
- Charming
- Integrity
- Outgoing
- Knowledgeable

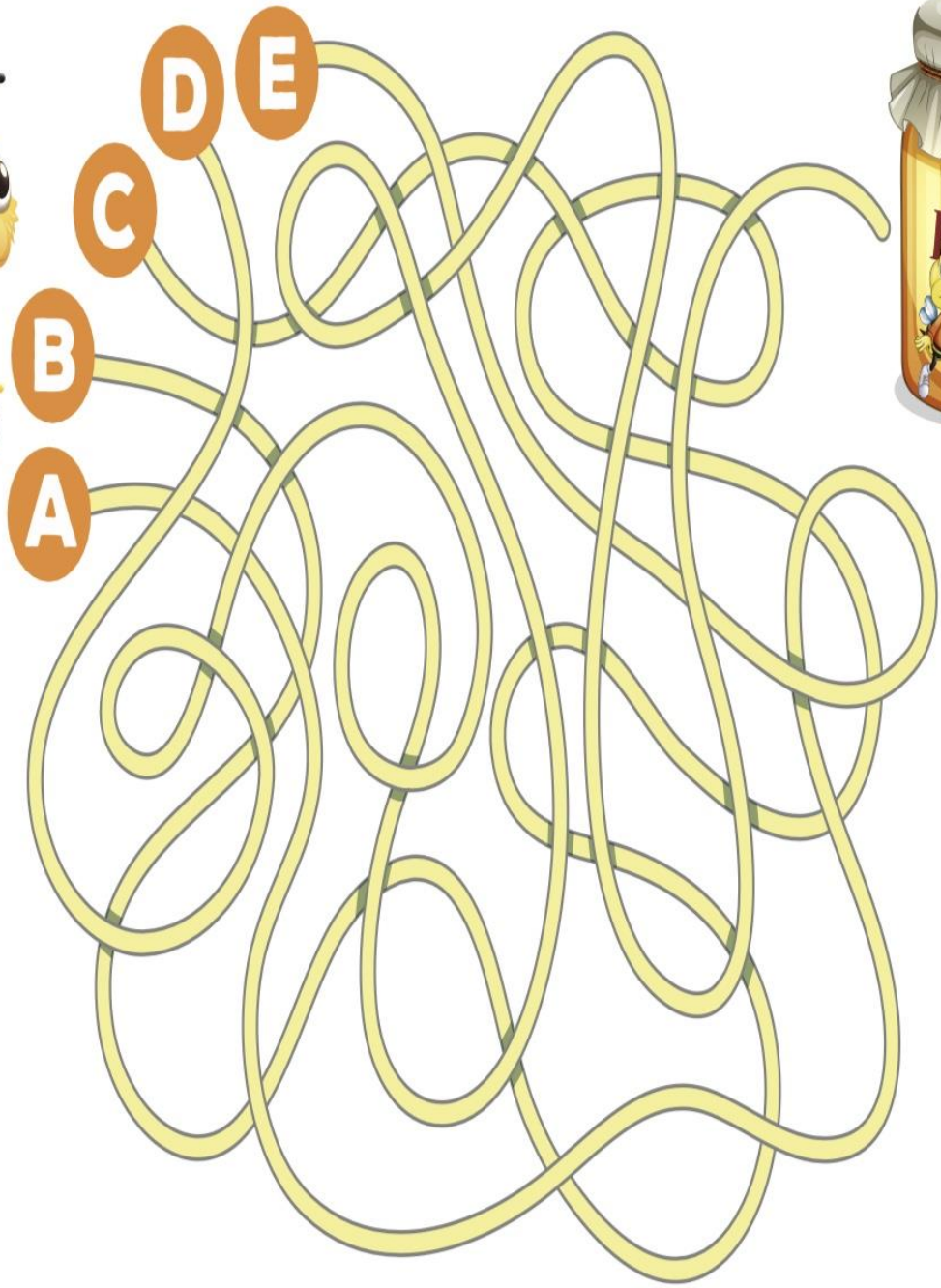
Love is love













# Indoor Games & Activities

To Get Children Moving



- **GO ON AN ALPHABET SCAVENGER HUNT**

Make a poster with the alphabet and have your child search for items that begin with each letter.

- **PLAY HOPSCOTCH IN A HALLWAY**

Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.

- **CREATE A OBSTACLE COURSE**

Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

- **PLAY THE FLOOR IS LAVA**

Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

- **GO ON AN ANIMAL SAFARI**

Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

- **PLAY I SPY CLEANUP**

Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

- **PLAY A FLASHCARD HIDE AND SEEK**

For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.





- **PLAY HIDE AND SEEK**

One person counts and covers their eyes (no peeking!) for 20 seconds while everyone else finds a place to hide.

- **DANCE YOUR HEART OUT!**

Have a group video call with friends and do a virtual dance party. Use tools like Skype or Zoom.

- **PLAY TWISTER**

Dig up your old Twister game and teach your kids how to play. If you don't have one, cut out different color circles, tape them to your floor, and create a simple spinner.

- **PLAY FOLLOW THE LEADER**

Have your family take turns being the leader. The leader gets in front of the line with everyone else behind them mimicking the leader's actions. Get creative with your movements! Wiggle your arms while walking, march, bunny hop, etc.

- **WRITE THE ROOM!**

Hide sight words (letters, numbers, spelling words, etc.) around the room or house and have children find and record them using clipboards.



- **PLAY SIMON SAYS**

A person named Simon is the leader and gives out commands. For example, "Simon Says run in place! Simon Says crawl like a bear." If Simon doesn't start the command with "Simon Says," the players to follow the command are out.

- **CREATE A SAFE PHYSICAL ACTIVITY SPACE**

If you have an open space like a basement, take an old mattress and place it on the floor for gymnastics or wrestling.

- **PLAY RED LIGHT, GREEN LIGHT!**

Choose a start and finish line. Have everyone line up against a wall. Red light means stop, and green light means go! One person will yell out either command as everyone races to the finish line.

- **DO A "DECK OF CARDS" WORKOUT!**

Assign each shape a different exercise. For example, Hearts = running in place, Diamond = jumping jacks, Spades = push-ups, Clubs = sit-ups. Take turns flipping the cards and doing that number of the exercise.



- **PLAY CHARADES**

On pieces of cut-up paper, write down phrases or words to act out. Take turns pulling a single paper out of a container and have fun acting out the description.

- **LEARN A DANCE ROUTINE**

Create your own or find a tutorial for your favorite dance routine and practice.

- **PLAY MUSICAL CHAIRS**

Place a couple of chairs back to back and turn on some fun music. Players move around the chairs and when the music stops, the last one not sitting in a chair is out.

- **PLAY BALLOON TOSS**

Throw a balloon in the air and don't let it fall to the floor!

- **PLAY FREEZE DANCE**

One person is the DJ and in control of the music. When the music starts, start dancing but watch out! As soon as the music is paused, freeze!

- **ONLINE RESOURCES**

[Cosmic Kids Yoga](#)

[GoNoodle](#)

[Adventure 2 Fitness](#)

[Just Dance Kids](#)

[Free live children's workouts](#)

[Kids Zumba](#)

[Kidzbop](#)

[Sport Supermovers](#)



# I'M BORED...



## Things I Can Do By Myself

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an "All About Me" board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items





# I'M BORED...



## Things I Can Do With A Sibling

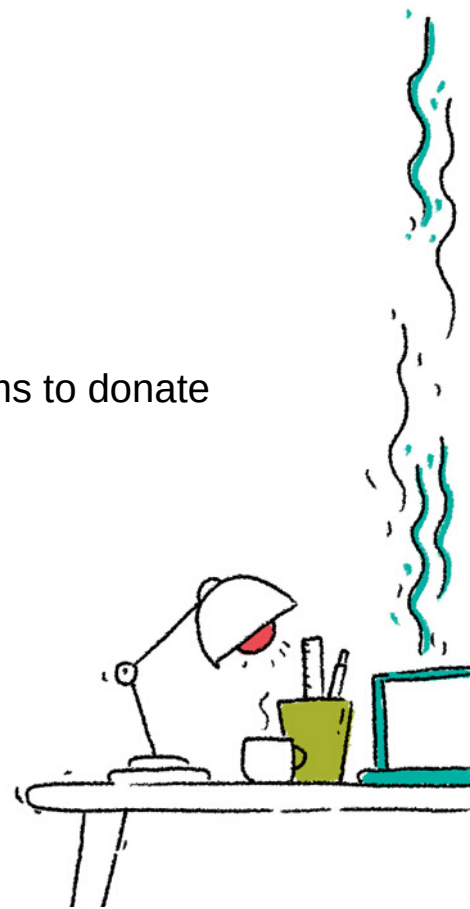
- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight



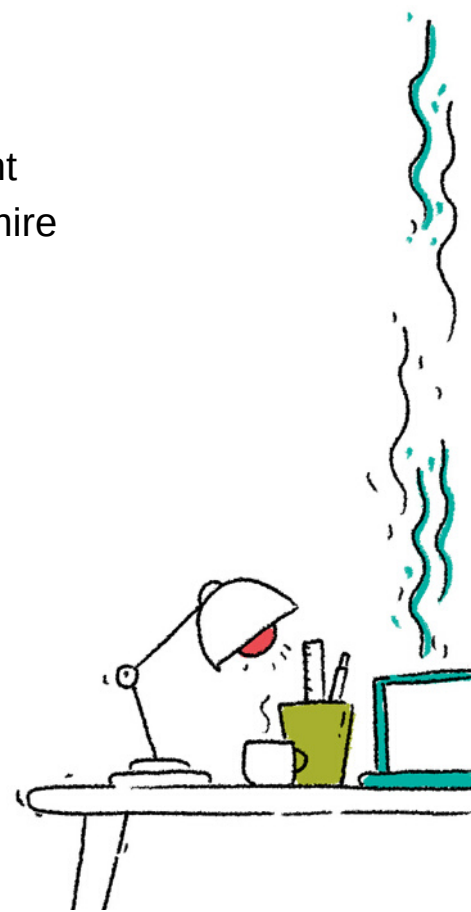
# THINGS I CAN DO

## Indoor Activities for Teens

- Learn a new skill (coding, origami, animation, instrument, etc.)
- Learn a new language
- Learn magic tricks
- Replicate famous art
- Paint or draw a self-portrait
- Draw cartoons or comic strips
- Publish a newspaper or magazine
- Write or draw a letter or an email to a penpal or relative
- Video chat with a friend
- Make friendship bracelets
- Do a puzzle
- Solve a crossword or Sudoku puzzle
- Play Solitaire
- Journal
- Write and illustrate a short story
- Write a play
- Write and direct a short film
- Write a song or a poem
- Make a music video
- Fix something that's broken
- Clean out my closet and put together a bag of items to donate
- Redecorate or organize my bedroom
- Host a fashion show in my room
- Research my family tree
- Look through photo albums
- Create a video using family videos and photos



- 
- Put together a time capsule
  - Make tissue flower bouquets
  - Make paper beads from magazines
  - Create dough art
  - Make pressed flower cards
  - Crochet or cross stitch
  - Create a collage
  - Collect quotes that inspire me
  - Cook a new recipe
  - Bake a treat
  - Start a blog
  - Start an Instagram page for my pet
  - Create a vision or dream board
  - Make a bucket list
  - Design my dream house
  - Plan my dream trip
  - Research a country I'd like to travel to
  - Take virtual museum tours
  - Take an online class
  - Watch a documentary
  - Learn about constellations and locate them at night
  - Research and create a video about a person I admire
  - Design a board game
  - Make a list of my business ideas
  - Start a business
  - Build a website
  - Learn to dance following a Youtube video
  - Take an online exercise class
  - Do yoga





# THINGS I CAN DO

## WITH A SIBLING

### Indoor Activities for Teens

- Play a board game
- Cook or bake together
- Read to each other
- Hold an art show
- Make up a play to perform for our family
- Journal together
- Take silly selfies
- Paint pictures or affirmations on rocks
- Go on an indoor scavenger hunt
- Build a volcano out of paper m $\acute{a}$ ch $\acute{e}$
- Create a board game
- Play balloon volleyball
- Have a Jenga tournament
- Sing karaoke
- Make a movie
- Make a music video
- Write and direct a short film
- Play a card game or learn a new one
- Play charades
- Exercise
- Cook a new meal
- Have a spa day
- Design a board game
- Do a science experiment



# My DAILY LEARNING PROJECTS

DATE \_\_\_/\_\_\_/\_\_\_

M T W TH F

TIME

TO DO

DONE

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One great thing that happened today

# STAY-AT-HOME RESOURCES



## MOVIES, BOOKS, VIDEOS, PODCASTS

[Top 30 Children's Books About Resilience](#)

[Top 85 Growth Mindset Books for Children and Adults](#)

[Top 30 Kindness and Friendship Movies for Families](#)

[Top 75 Growth Mindset Movies for Children](#)

[Top 40 YouTube Channels for Growth Mindset, Creativity, and Kindness](#)

[Top 70 Growth Mindset Television Shows](#)

[Top 40 Growth Mindset Podcasts for Kids, Teens, and Parents](#)

[Top 35 Parenting Podcasts](#)

[Top 50 Mindfulness Resources for Children & Teens](#)

[80 Songs that Inspire a Growth Mindset](#)

## OTHER RESOURCES

[7 Keys to Managing Sibling Rivalry](#)

[Top Growth Mindset Resources for Parents and Educators](#)

[4 Steps to a Successful Family Meeting](#)

[41 Family Rituals that Teach Responsibility, Kindness, and Compassion](#)

[45 Growth Mindset Mantras](#)

[How to Empower Children When They Struggle](#)

[7 Ways to Help Kids Deal with Big Life Changes](#)

[How to Connect with Your Child Using Love Languages](#)

[5 Ways to Deal with Frustrations as a Parent](#)

[15 Tips to Build Confidence & Self-Esteem in Teens](#)

[5 Essential Steps to Create a Growth Mindset Corner](#)

[5 Essential Steps to Help Children Cope with Stress](#)

[9 Activities to Build Grit and Resilience in Children](#)

# COVID-19 RESOURCES

*Click hyperlink to access articles, fact sheets, websites, etc.*

[CDC Update: Talking with Children about Coronavirus Disease 2019. Messages for Parents, School Staff, and others working with Children.](#)

[CDC: Manage Anxiety & Stress](#)

[American Academy of Pediatrics: How to Protect Your Family](#)

[American Academy of Pediatrics Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](#)

[American Academy of Pediatrics Social Distancing: Why Keeping Your Distance Helps Keep Others Safe](#)

[American Academy of Child & Adolescent Psychiatry: Talking to Children About Coronavirus \(COVID19\)](#)

[Gil Institute for Trauma, Recovery & Education: COVID-19 Crisis Management -Guidelines for Parents and Caretakers](#)

[NYS Office of Mental Health: Feeling Stressed about Coronavirus \(COVID-19\): Managing Anxiety in an Anxiety-Provoking Situation](#)

## **Youth Webinars:**

[Public Health at Hofstra University COVID Youth Webinar](#)

## **Relaxation Videos and Meditation Apps for Families (parents & children):**

[Adult: 15-Minute Mindfulness Meditation Head Space App](#)

[5-Minute Kids Body Scan Meditation Calm App](#)

[5-Minute Loving Kindness Kids Meditation Kids Breathe App](#)

[Head Space App](#)

[Calm App](#)

[Kids Breathe App](#)

## **Substance Abuse and Mental Health Services Administration (SAMHSA):**

[Tips During an Infectious Disease Outbreak Support and Virtual Recovery Resources](#)

## **Other Virtual Self-Help:**

[Virtual Narcotics Anonymous Meetings \(NA\)](#)

[Addiction Policy Forum: A Smartphone App to Help with Recovery](#)

**Connect with counselors and peers through messaging. Clinical support 7 days a week (9AM-10PM).**

<https://12step.org/social/online-meetings/>

**Online meetings via text, voice, or video chat.**

[Inter-Group Association of Alcoholics Anonymous \(A.A.\)-zoom room meetings](#)

[SMART Recovery Online \(SROL\) Community Available for 24/7 Recovery Support Step Chat](#)-offers 12-Step Chat room meetings 7 days a week. AA, NA, AI-ANON, and ACA Meetings.

### **Local Counseling and Crisis Support Resources:**

[South Oaks Hospital, COBS Clinic](#) (Comprehensive Outpatient Behavioral Services), Ages 5-21, 400 Sunrise Highway, Amityville, NY (631)-508-5900

YES Community Counseling Center- Providing counseling services virtually. Requests for services can still be made by calling YES and a staff member is available during office hours to answer the call. You will be given an appointment for a phone or video assessment, depending on which is most feasible for you.

Phone: 516-799-3203 Website: [www.yesccc.org](http://www.yesccc.org) Email: [info@yesccc.org](mailto:info@yesccc.org)

### **Crisis Hotlines:**

[Long Island Crisis Center \(516\) 657-1111 \(24/7 hour hotline\)](#)

[Office of Mental Health, Chemical Dependency & Developmental Disabilities Services](#)  
Mobile Crisis Team call 227-TALK (227-8255).

[The New York State Office of Mental Health Crisis Hotline](#)

### **Crisis Text Line:**

An anonymous texting service available 24/7. **Text GOT5 to 741741.**

### **The Cohen Children's Pediatric Behavioral Health Urgent Care Center**

Provides timely access to pediatric mental health services for children and adolescents (age 5-17) presenting in a mental health crisis. M-F 9am to 2:30pm -virtual for all possible sessions, phone assessments: (917) 480-4495 / (718) 470-3148

