ELEMENTARY STUDENT SUPPORT

For all kinds of information to support you during this time away from school.
We are connected. We are here. Only an email away.

**Counselors**
Jessica Heinz - Berlin - jheinz@u32.org  
Mary Beth Langevin - Calais and EMES - mlangevin@u32.org  
Maureen McDermet - Doty - mmcdermet@u32.org  
Sharon Spector - Rumney - sspector@u32.org

**Nurses**
Erin Mullaney - Berlin - emullaney@u32.org  
Maria Melekos - Calais and Doty - mmelekos@u32.org  
Elizabeth Wirth - EMES - ewirth@u32.org  
Bonne Dunham - Rumney - bdunham@u32.org
Your counselors and nurses are available via school email, ZOOM, and Google Hangout. If you need to talk to your school counselor please email them with a good time for them to call you back.
Community Resources

EMERGENCY
Call 911

National Suicide Hotline
Text CONNECT to 741741 or 800-273-TALK (8255)

Washington County Mental Health Crisis Screeners
802-229-0591

Domestic Violence & Sexual Violence
1-877-543-9498

Crisis, Support, LGBTQ
802-865-9677

Drugs & Alcohol Education, Treatment & Referral
National Drug Helpline: 844-289-0879

Vermont Information - food, housing, unemployment supports, etc.
211
Most young kids will remember how their family home felt during the coronavirus panic more than anything specific about the virus.

Our kids are watching us and learning about how to respond to stress and uncertainty.

Let’s wire our kids for resilience, not panic.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 9 a.m.</td>
<td>Wake up</td>
<td>Eat breakfast, make your bed, get dressed, put PJs in the laundry</td>
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<tr>
<td>9:10 a.m.</td>
<td>Morning walk</td>
<td>Family walk with the dog, Yoga if it's raining</td>
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<tr>
<td>10-11 a.m.</td>
<td>Academic time</td>
<td>NO ELECTRONICS Sudoku books, flash cards, study guide, journal</td>
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<tr>
<td>11 a.m.-noon</td>
<td>Creative time</td>
<td>Legos, magnets, drawing, crafting, playing music, cook or bake, etc.</td>
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<tr>
<td>Noon</td>
<td>Lunch</td>
<td></td>
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<tr>
<td>12:30-1 p.m.</td>
<td>Chore time</td>
<td>A. wipe all kitchen table and chairs B. wipe all door handles, light switches, and desktops C. wipe all bathroom sinks and toilets</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Quiet time</td>
<td>Reading, puzzles, nap</td>
</tr>
<tr>
<td>2:30-4 p.m.</td>
<td>Academic time</td>
<td>ELECTRONICS OK Ipad, Prodigy, educational shows</td>
</tr>
<tr>
<td>4-5 p.m.</td>
<td>Afternoon fresh air</td>
<td>Bikes, walk the dog, play outside</td>
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<tr>
<td>5-6 p.m.</td>
<td>Dinner</td>
<td></td>
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<tr>
<td>6-8 p.m.</td>
<td>Free TV time</td>
<td>Kid showers</td>
</tr>
<tr>
<td>8 p.m.</td>
<td>Bedtime</td>
<td>All kids</td>
</tr>
<tr>
<td>9 p.m.</td>
<td>Bedtime</td>
<td>All kids who follow the daily schedule and don’t fight</td>
</tr>
</tbody>
</table>
MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques
5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS
@HolisticallyGrace

INFORM
Limit excessive, continuous exposure to media. Inform, without overwhelm. Set boundaries around time, trusted sources.

CONNECT
Reach out for emotional support. Contact loved ones. Isolation is detrimental to our health.

SOOTHE
Deep belly breathing, grounding techniques, guided imagery, prayer, calming sounds, laughter, singing.

CONTROL
Focus on things we can control: wash hands, hydrate, nourish, contact HR regarding work policies, adjust finances.

HONOR + DISTRACT
Acknowledge fear, anxiety. Find active ways to divert attention: puzzle, read, craft, etc.
GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

- Set boundaries with what + how much media you consume
- You're allowed to opt out of overwhelming discussions
- Try to respond to the fears of others with understanding + respect

Focus on the many things you can control

Be mindful of when it's becoming more than just 'being informed'

Breathe, connect + take gentle care of yourself + others
ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
INSOMNIA

ROOT CAUSES:
Insomnia is difficulty falling or staying asleep. Chronic insomnia is considered disrupted sleep more than three times a week, lasting over three months. Insomnia is incredibly common.
It is a complicated condition, and has multiple root causes, including:
- Other mental or physical health conditions, like anxiety, thyroid problems, or sleep apnea.
- Our economic and social systems, and the amount of stress that people are experiencing within them.
- Immediate stressors, like work conditions or relationship stressors.
- Older trauma, attachment related stress, or unresolved grief.

APPROACH:
As the roots of chronic insomnia are often complex and multiple, working with insomnia often requires using multiple treatment approaches together over long periods of time. It can be helpful to show up with curiosity, patience and commitment. There are no quick fixes to chronic insomnia. The below tools and practices can be used together as part of a long arc of healing insomnia.

1.) DEACTIVATION
For many people, insomnia is related to anxiety or stress in the body. Body scans and other relaxation techniques at night can be helpful. And, one of keys to long term success is to work on deactivating, or settling, throughout the day. Below are several practices that can assist in deactivating. These are especially helpful when practiced numerous times a day, even briefly:
- Mindfulness: Focusing on the present moment
- Body scan: Focusing on one part of the body at a time, and scanning down the entire body.
- Breathing practices: Slow exhalation breaths, or square breaths (breathe in 4 seconds, hold 4 seconds, breathe out 4 seconds, hold 4 seconds)
- Avoid caffeine (coffee, tea, chocolate) after noon

2.) SLEEP HYGIENE
Sleep practices or habits when practiced consistently over time can be a very helpful part of healing insomnia. Some ‘sleep hygiene’ practices include:
- Sleeping in a cool, quiet, dark space, or using an eye mask and ear plugs to damper sounds and light.
- When you have been tossing and turning in bed (whether trying to fall asleep initially or waking up in the night) for more than half an hour, practice getting out of bed and going somewhere else in the house to journal, read a novel, look around a dimly lit room, meditate, or listen to music until you feel sleepy again before going back to bed.
- Closing down technology (TV, phone, etc.) at least an hour before bed.

3.) SUPPLEMENTS AND MEDICATIONS
There are many over the counter sleep supplements and prescription sleep medications. Please discuss any new medication or supplements with a healthcare provider.
A few things that can be helpful when working with medications and supplements:
- Medications and supplements can be helpful along the way, but they are not a cure.
- Rotate doses. Some medications or supplements (like prescription sleeping pills dissolve melatonin, or Adul PM) might be less effective if taken multiple nights in a row, so it can be helpful to use one thing one night, then try something different the next night.
- Some supplements and herbs can be more helpful when taken over time, depending on underlying causes of insomnia. These include:
  - Ashwagandha, Holy basil and other ‘Adaptoic’ Herbs
  - Wild oats, Skullcap, passion flower, chamomile, California poppy, hops (bitter) and other “Calming herb” teas, or sleepy time tea

4.) OTHER TRICKS AND TIPS
- The Caim App is a bit pricey, but it has a number of bedtime stories and meditations that can be useful for working with insomnia.
- The Insight Timer app has free guided meditations, or Youtube has free videos.
- Acupuncture is one of the most useful tools to treat insomnia. The longer someone has been dealing with insomnia, the more frequent and longer term acupuncture may be warranted.
- Guided Yoga Nidra meditations and other yoga practices.
- Using a weighted blanket (or homemade weighted pillow, partially stuffed with rice).
- Enjoyable and consistent movement or exercise during the day (not near bedtime).

- Finger hold practice: simple technique that combines breathing and holding each finger to help manage emotions and stress
- Working with a trained professional like a therapist or somatic (body based therapist) can be very helpful for healing insomnia
- Meditation or other body based de-activation practices
- Loving kindness meditation, repeating gentle phrases to oneself or others, such as “may I be well, may my pain be eased, may I find peace.”
- Patience with the process, and commitment to keeping working on healing insomnia.
- The question “what is this trying to teach me?”
THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member
  - Make a card for a nursing home
- Make a List of Things You’re Grateful for!
- Read a Book or Magazine....for fun!
- Have a Dance Party with Friends via Facetime!
- Disconnect from Social Media....even if it’s just for 30 minutes!
THINGS TO DO WHILE AWAY FROM SCHOOL

Virtually Tour Museums

Virtually Visit the Zoo

Cincinnatti Zoo Home Safari
30 DAYS OF GRATITUDE
JOURNAL PROMPTS

1. What made you smile today?
2. What is one thing you love about yourself?
3. Who are you grateful for and what do you love about them?
4. What made you laugh today?
5. What is different today than a year ago that you are grateful for?
6. What is something you wear that you are grateful for?
7. What is something beautiful you saw today?
8. What freedoms are you grateful for?
9. What challenge are you grateful for?
10. What is something you love in nature?
11. What about your body are you grateful for?
12. What was the best thing that happened today?
13. What family member are you grateful for today?
14. What kindness did someone give you today?
15. What do you like about where you live?
16. What do you love about a friend?
17. What spiritual gifts are you grateful for?
18. What is your favorite family activity that you did recently?
19. What book are you grateful for reading?
20. What modern convenience are you most grateful for?
21. What food are you grateful for?
22. What is something you can’t live without?
23. What do you like about the current season?
24. What happened today that are you grateful for?
25. What about your home are you grateful for?
26. What do you love about your parents?
27. What memory are you most grateful for?
28. What is your favorite family tradition?
29. What are your talents?
30. What gave you comfort today?

www.intentionalinspirations.com
Useful resources/articles

American Foundation for Suicide Prevention: Taking Care of Your Mental Health in the Face of Uncertainty

Kids in COVID-19 will be caregivers and community leaders. How do we help them prepare?

The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus

What Are the Rules for Play Dates During the Coronavirus Crisis? We asked the experts.
Useful resources/articles continued

CDC - Caring for Children in a disaster
https://www.cdc.gov/childrenindisasters/helping-children-cope.html

NPR - article about using a comic to explain COVID19
ABOVE ALL ELSE, REMEMBER TO

TAKE CARE OF YOURSELF.
TAKE CARE OF YOUR FAMILY.
DO SOMETHING KIND FOR SOMEONE ELSE.
REACH OUT FOR HELP WHEN YOU NEED IT.

WE ARE ALL IN THIS TOGETHER!