

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

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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.

COVID-19 DAILY SCHEDULE

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

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

BlessingManifesting

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.

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

**GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING**

≥@THEMINDGEEK≤

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 traumas, 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 dampen 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 nights. Some medications or supplements (like prescription sleeping pills, dissolvable melatonin, or Advil 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:
 - Kavivance Neurosciences, CBD sleep products, and Cortisol Manager
 - Ashwagandha, Holy basil and other "Adaptogenic" herbs
 - Wild oats, skullcap, passion flower, chamomile, California poppy, or hops (bitter) and other "Calming herb" teas, or sleepy time tea



4.) OTHER TRICKS AND TIPS

- The Calm 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 keep 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](#)

[Cincinnati 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?

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

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

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!