

Worcester Central School

Support Services

Find all kinds of information to support you during our time away from school.

We are connected, we are here for you. We are an email away.

Grades PreK - 6

Ms. Poletta Louis

plouis@worcestercs.org

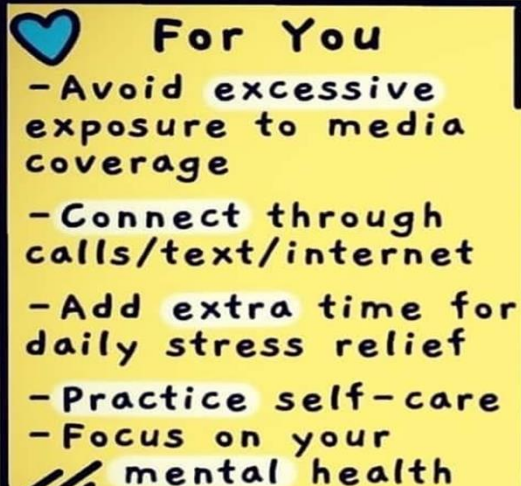
Grades 7 - 12

Mr. Stephen Fancher

sfancher@worcestercs.org

Your counselors are available by email or Google Hangouts
Email them to make an appointment

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

BlessingManifesting

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



Make sure to stay informed of all the latest news and announcements:



Worcester Central School
or

<https://www.worcestercs.org/>

Social Emotional Learning & Wellness

Resource Name	Grade Levels	Details
Khan Academy	Elementary and MS	Growth mindset activities
Centervention	Elementary and MS	Materials for lessons and small group sessions for these topics: <i>communication, cooperation, emotional regulation, impulse control, social initiation</i>
Nearpod Lesson Library	K - 12	Use the search term Social Emotional and the price point FREE to locate SEL lessons
Character Strong	K - 12	Digital library of character ed material, Videos, webbased questions. Also includes Teacher character activities (Week #1 focuses on self care)
10% Happier Live	Staff	Free "daily sanity break" at 3pm each weekday
Action for Happiness	Staff	Monthly themed calendars to promote SEL <ul style="list-style-type: none"> • Mindful March • Coping Calendar - 30 actions to look after ourselves during this global crisis

Resource Name	Grade Levels	Details
Why and How to Teach Your Kids Mindfulness	Families	Article to share with families
PBS for Parents	Families	How to Talk to Your Kids about Coronavirus - includes Daniel Tiger resources
Common Sense Media	Families	Resources for families of students in all grades, on these topics: <i>helping your family, anxiety, movement apps, games and websites, apps to help with mental health, what to watch, read and play</i>
Pathway 2 Success	Families	10+ SEL activities for families at home with printable, suitable for elementary students
Cosmic Kids	Primary	Videos for Yoga, dance, activities for students
NEW 3/23/20 SEL at Home PK - 2 SEL at Home 3 - 5	Elementary	SEL activities for students to do at home, includes videos and discussion questions
Mindful Kids	Elementary	Free daily social-emotional check-ins for kids at home
Counselor Keri	Elementary	Video for students - coronavirus information including SEL ideas
GoNoodle	Elementary	Movement and mindfulness videos created by child development experts



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

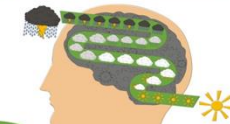
26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Activities to do when you need a BREAK!

Visiting a Zoo and watching the various animals can be very relaxing and fun

- <https://zoo.sandiegozoo.org/live-cams>
- <https://nationalzoo.si.edu/webcams>
- <https://www.houstonzoo.org/explore/webcams/>

Exercise by participating online with organizations offering various opportunities

- Planet Fitness is offering free workouts on their FB [pagehttps://www.planetfitness.com/united-we-move](https://www.planetfitness.com/united-we-move)
- YMCA is offering a lot of really awesome videos on various workouts: Boot Camp, Yoga for kids and Adults, Tai Chi, weightlifting, youth soccer <https://ymca360.org/on-demand#/>
- MLS Red Bulls Professional Soccer team is offering free daily training activities: <https://www.newyorkredbulls.com/content/youth-programs-email-sign>

Activities to do when you need a BREAK continued

A basketball Club called Shootin' School is offering free daily workouts on Intsagram: https://www.instagram.com/shootin_school/

Activities to do outside to decrease stress

- Go for a Walk
- Go for a Hike
- Running
- Take a Bike Ride

Center Yourself when you become overwhelmed by trying MEDITATION:

- <http://mindfulnessforteens.com/guided-meditations/>

Take a Virtual College Tour

While many colleges are cancelling the opportunities to physically tour their campuses, or participate in Open House activities, you can participate in Virtual Tour activities.

<https://www.youvisit.com/collegesearch/>

<https://www.suny.edu/attend/visit-us/campus-visit/>

Look at the majors the colleges have to offer. Do they offer a major you would be interested in?

Explore the costs of attending the college

Explore Scholarship opportunities

<https://bigfuture.collegeboard.org/scholarship-search#>

ABOVE ALL ELSE, REMEMBER TO:

- TAKE CARE OF YOURSELF
- REACH OUT FOR HELP WHEN YOU NEED IT
- TAKE CARE OF YOUR FAMILY
- DO SOMETHING KIND FOR SOMEONE ELSE
- STAY CONNECTED TO YOUR FAMILY, TEACHERS & FRIENDS

WORCESTER STRONG!!!

