



## EC Chappell's Counselor's Corner

### EGYPT ELEMENTARY

Principal: Dionna Pruitt

4160 Karen Cove

Memphis, TN 38128

Main Office: 901-416-4150 Fax: 901-416-4163

Dear Parents:

Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus and maybe experiences anxiety and fear; or have seen people wearing face masks, so you shouldn't avoid talking about it. Not talking about something can actually make kids worry more. View the conversation as an opportunity to convey the facts and set the emotional tone. Here are a few online sites to assist you with discussing COVID-19, review resources for SEL Online learning and coping skills tips while the students are at home.

## Social/Emotional Learning (SEL)

### Online Resources

Talking about the virus with your child /  
Hablar sobre el virus con su hijo:

1. <https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus2020030719111>
2. <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
3. [https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet\\_HEMOT\\_english.pdf](https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf)
4. <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19%28coronavirus%29-a-parent-resource>
5. <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus>
6. <https://www.elespectador.com/coronavirus/el-coronavirus-explicado-para-ninos-articulo-907745?fbclid=IwAR2-OXLGK7wUAhf464YUxyXfbNKrZRYBkCsoDJYG7hOvfYggyBUTsDRrNg> (Spanish)

## Resources / Recursos

Social emotional learning / Aprendizaje emocional social:

1. <https://tinyurl.com/RODMAN-SEL>  
(Mrs. Motta's YouTube Channel)
2. <https://www.centervention.com/social-emotional-learning-activities/>
3. <https://www.thepathway2success.com/free-social-emotional-learning-resources/>
4. <https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/#Child-Anxiety>
5. <https://www.youtube.com/user/CosmicKidsYoga>
6. <https://www.youtube.com/watch?v=cDKyRpW-Yuc>
7. <https://www.storylineonline.net/>
8. <https://www.thespanishexperiment.com/stories> (Spanish)

Feelings / Sentimientos How do you feel today? / ¿Cómo te sientes hoy?



Happy / Feliz



Worried / Preocupado



Sad / Triste



Annoyed / Molesto



Angry / Enojado



excited/

**Coping Skills / Habilidades de frontamiento**  
**What can you do to help yourself feel better?**  
**¿Qué puedes hacer para ayudarte a sentirte mejor?**

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**Take ten deep breaths / Toma diez respiraciones profundas**

**Color or draw / Colorea e dibuja**

**Sing / Canta---- Dance / Baile**

**Listen to music / Escucha música**

**Stretch your muscles / Estira los músculos**

**Talk to an adult / Hable con un adulto**

**Hug your pillow / Abraza tu almohada**

**Build with blocks / Construye con bloques**

**Get a drink of water / Tome un trago de agua**

**Think of a happy memory / Piensa en un recuerdo feliz**

**Read a book / Lee un libro**

**Write about your feelings / Escribe sobre tus sentimientos**

**Imagine a calm place / Imagina un lugar tranquilo**