

Social Emotional “Distance” Learning Information for Parents, Students, and Families

Some important things for us all to consider during this novel time:

Feelings of anxiety in regards to this unexpected challenge/change are both normal and healthy, but are *not* grounds for us to panic or ruminate on potential negative outcomes.

Taking good care of yourself and your family is extremely important to the health (physical and emotional) and general wellbeing of us all.

Our young, healthy students are the most resilient group of people. We are practicing distancing and ‘shelter-in-place’ because of the protection of more vulnerable populations and to reduce the chance of spreading the virus. *We are doing our part!*

Allow time for family discussions, questions, and space to talk about feelings, worries, fears, and confusion that may be associated with COVID-19, but be mindful of the amount of exposure to media (especially for young children).

Welcome this as an opportunity for healing and connection.

“Social Distancing” is really just physical distancing—*we can still be social!* Call a loved one or write a letter to a friend. Consider facetimeing with someone that you might be missing during this temporary “shelter-in-place” and distance learning situation.

If you (or your child) are feeling anxious, consider these ideas to achieving a calmer or more neutral state:

- Mindfulness or Meditation (download the app “insight timer” for guided meditation or you can find guided meditations for all ages on YouTube)
- Grounding practices (5-4-3-2-1 exercise - you can find on google, give yourself a hand massage, self-holding/hugging, notice how your feet feel on the floor or how your hands feel when touching different textures, or some deep breathing).
- Slow movement (walking, yoga, stretching)
- Write/Journal about your feelings and your experience
- Listen to soothing music (I highly recommend “Spa Radio” on Pandora or Amazon music)

If you (or your child) are feeling depressed, consider these ideas to achieving a more elevated or neutral state:

- Fast movement/exercise
- Paint/draw/create/craft/organize/clean
- Shift your position/posture or move to a new area in your home or go outside
- Clench, then unclench your hands, and notice the sensation of doing that a few times
- Connect with someone/reach out to a friend or family member(s)
- Practice gratitude (tell someone, make a list, or write about things you are grateful for)
- Foster hope for a healthy, happy future – talk/think about things you’re looking forward to

Ideas/Resources for Support

Reach out to a Mental Health Professional - many telehealth options are available

EQ Mighty – a social and emotional learning app for children (ages 4+)

Down Dog – a yoga app for adults

Yoga For Kids Daily Fitness – a yoga app for children

Insight Timer – a meditation app for adults

Smiling Mind – a meditation app for kids (and all ages)

Pandora – a music app for all ages

Tips for Parents and Caregivers to help children cope can be found here:

<https://www.schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>

7 Ways to Support Kids and Teens Through the Coronavirus Pandemic can be found here:

<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

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