



Social Emotional Resources

Talking to your kids about Covid-19

[One Pager with links for talking to your children](#) - This resource is loaded with links on how to talk to your children and resources that they can use to understand, in an age appropriate way, how the pandemic will affect them and the importance of safety measures we can all take.

[Webinar on how to cope with uncertainty](#)

[How can parents help children cope with COVID-19 disruptions and associated race-related violence?](#)

[Using Social Emotional Learning to Help in Times of Stress](#)

[How To Ease Children's Anxiety About COVID-19](#)

Stress Relief and Mindfulness

[18 Mindfulness Games, Worksheets and Activities](#)

<http://thegoodmovement.com/>

[Deep Breathing Printable Techniques](#)

[Yoga for Kids](#)

[Mindfulness for Young Children](#)

[Mindful Brain Breaks](#)

[35 Fun, Stress Relieving Activities to Do With Your Kids](#)

[50 Calm Down Techniques for Kids of All Ages](#)

Tips On How to Sleep Better When You Are Stressed

- Be Mindful. Shortly before bedtime, try a relaxation strategy that incorporates mindfulness, such as yoga, deep breathing, or meditation, all of which boost sleep time and quality.
- Skip Screens.
- Sip Chamomile Tea.
- Take a Hot Bath or Shower.
- Do Some Leg Work.
- Count Sheep.
- Picture Yourself Asleep.
- Work Out Early.

Boredom

It's a real problem right now. Here are some lessons you are free to do to get you thinking about community while you're at home.

[SEL Lessons to do at home](#)

[Self-Regulation Brain Breaks](#) - great resource with Brain Breaks for Energizing,, Calming, and Refocusing. Fun activities to break boredom like "Would You Rather" and "Brain Teasers".

Support

Connect to free teletherapy services at Chicago Department of Public Health Mental Health Centers by calling 312-747-1020.

Screening Assessment and Support Services (SASS): For children and adolescents experiencing a mental health crisis 1-800-345-9049

[National Alliance on Mental Illness](#)

[National Suicide Hotline: 1-800-273-8255](#)

[State of Illinois Coronavirus Response](#)

[Chicago Coronavirus Response Center](#)

Healy School Counselors

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