Adults, this is for you! Please take care of yourself.
Your kids need you! I

Kids are not able to say they are stressed. Rather they may throw tantrums easier, become clingy, backtalk, wet the bed, pick fights with siblings, etc. They are letting you know there is something going on inside.

A child's brain, as is ours, has safety as the most basic need with connection as close second. Your calm nurtures their calm & your distress increases their distress. You should be that person that makes them feel safe and give them the message that you will all get through whatever happens together. By taking care of yourselves during this uncertain time, they will be calmer themselves.

To take care of yourself, you need to find the right place & time to let out your own worries. You can validate that you have concerns but in a short way. Let them do most of the talking- at this point.

You should certainly talk out your concerns with other adults and where the kids aren't listening. That time may be at the time they are lost in their video games or when you can step outside to talk on the phone. They aren't prepared to take on adult worries.

Unplug from the news. You need a break.

If you become obsessed & overwhelmed, here are some numbers you can call:
Crisis Hotline 1-800-273-8255 Capitol Area Counseling 605-295-4357
Disaster Distress Helpline 1-800-985-5990
If you would prefer to text, you can do so by texting "Start" to 741-741.
These numbers are manned 24 hrs a day.

I will be sending you out info on a regular basis to try to help you get through this illness with our wonderful kids! Today your kids should receive a booklet "Why Can't I Go to School" which explains in a simple way what is going on. Take care!

Conscious Discipline

Why Can't I Go To School?

Created by Abbi Kruse & The Playing Field, Madison, WI

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Conscious Discipline

Most days I go to school.

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I like to play with my friends.

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My teachers love me a lot.

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I can't go to school right now.

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At school there are a lot of other children.

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When a lot of children are together, they sometimes share their sneezes and coughs.

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Conscious Discipline

Sharing sneezes and coughs can make everyone sick.

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Conscious Discipline

I am staying home until all my friends and my teachers are healthy.

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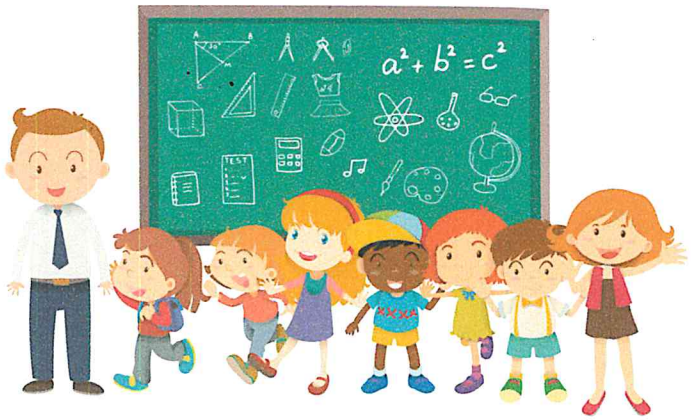
Conscious Discipline

When everyone is healthy, we can go back to school.



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Conscious Discipline

My teachers love me and they are thinking of me.

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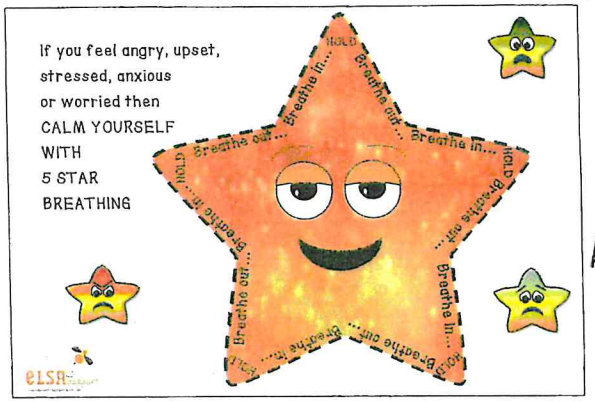
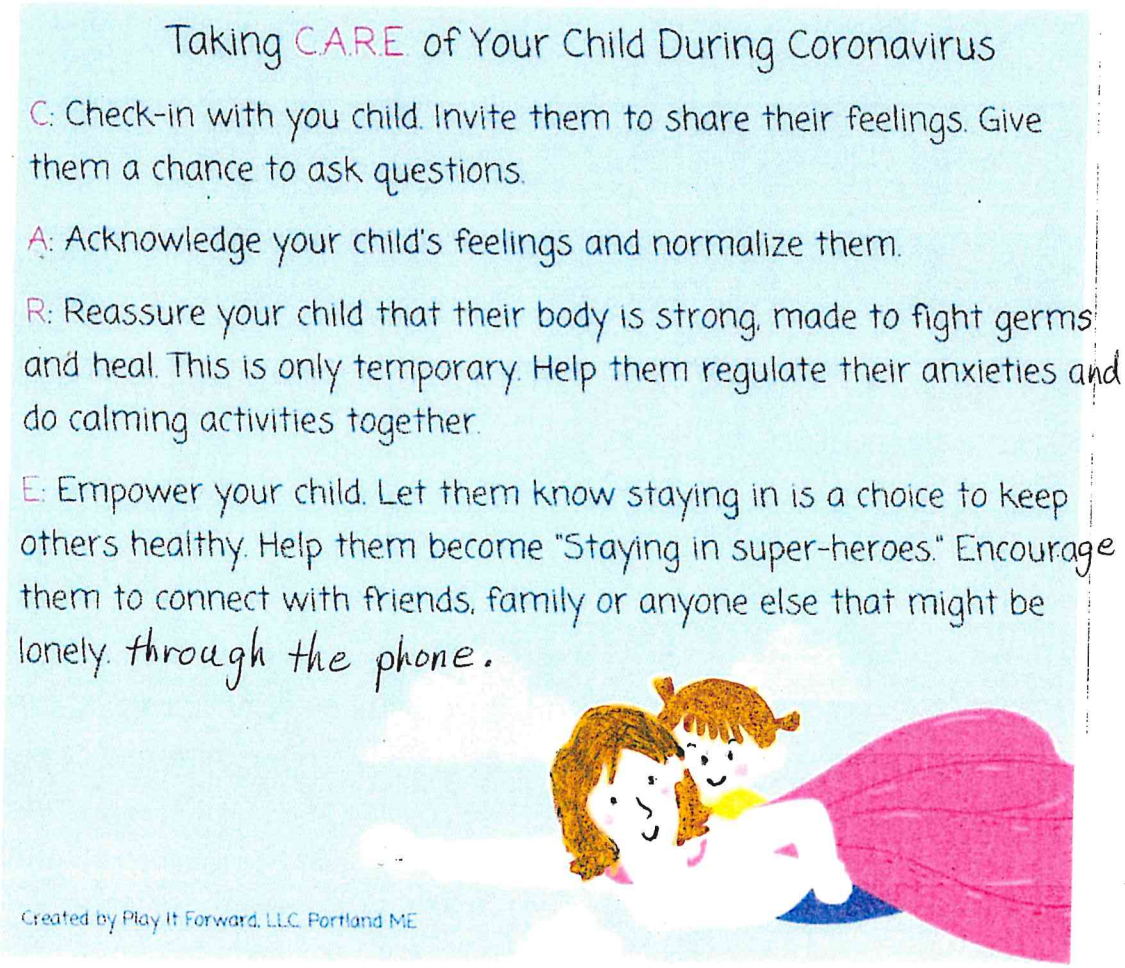
And my counselor loves me. She wants me to be calm, and know that I will be ok. Take deep breathes. Say "I will be ok."



Love,
Miss Arbach

Adults, this is for you! Please take care of yourself. Your kids need you! 2

Here are some ways to help a young person handle the many feelings that they may be having. Offer them calm, comfort & reassurance with deep breathing & saying things like "You're safe. We will get through this together."
Both you and the kids will have to be Superheroes! Here are hints for you to help your child and a story to read to your child/children to help them imagine they are SUPERHEROES!



From Miss Delores Arbach, school counselor delores.arbach@lowerbruleschools.org
(Not my ideas; just passing on ideas from other counselors)

The Stay Home Superheroes

Once upon a time there was a big, busy world. In this big, busy world there lived a little boy called William. William loved going to school to play with his friends, going to the park with his mum and going swimming with his dad.

But one day, everything started to change. William heard on the news that there was a Big Problem. This problem was so big that it started to spread over the whole world. All the grownups were talking about it. All the children were talking about it. In fact, every single person in the whole world was talking about it. Everyone started to feel worried and scared about the Big Problem.

Soon, the Big Problem caused some big changes. At first daddy stopped going to work, then mummy stopped taking him swimming, then he found out that school was cancelled and day by day the big, busy world he lived in got quieter and quieter and quieter.

William was confused. He felt scared too. He had so many questions. What was going on? Would it be OK? How could they stop the Big Problem?

He went to ask his mummy all of his big questions. "It's OK to be scared and worried, lots of other children feel that way, even adults feel scared too sometimes" she told him, giving him a BIG hug.

"But all of the very best, cleverest people in the whole world are working hard to fix the Big Problem right now" she explained.

This made him feel a little bit better. Surely the cleverest people in the world could find a way to fix it! But it was such a Big Problem, and he was still scared. He had to do something.

Mummy explained that there were lots and lots of special helpers working hard to save the world and stop the problem.

"Like superheroes?" said William.

"Just like superheroes." said mummy, smiling.

William wanted to be a superhero too. This was his chance! Super William to the rescue! He jumped up, ready to run outside and join all the other superheroes to fight off the Big Problem and save the world, but his mummy stopped him and locked the door.

"HEY! How can I help fight the Big Problem if I'm stuck inside?" he asked.

"Well, we DO need you to help. Everyone is going to have to help to solve this Big Problem. And YOU are going to have a very special job indeed. You are going to become a Stay Home Superhero!"

William had never heard of THAT kind of superhero before. Mummy told him that Stay Home Superheroes could help fight off the Big Problem by using their Stay Home Superpowers. But what were they? He tried so hard, but he didn't have super strength or super speed either. In fact, he felt exactly the same as before.

"The Big Problem can't be solved with super strength, or super speed. The Big Problem will only stop growing if all the new Superheroes use their Stay Home Superpower to stay at home. In fact, if all the new Stay Home Superheroes work together the Big Problem will get smaller, and smaller and smaller every single day, until it goes away!" mammy explained.

"But staying home is a boring superpower!" said William in a grump.

"Boring? No way! You have the superpower to make this fun! And staying home is how YOU can help to save the whole world- there's nothing more powerful than that!"

Just staying home and having fun could save the whole world? And he would be a real-life superhero? William started to feel excited. He started to feel powerful too! He couldn't wait to tell all his friends that they could turn into Stay Home Superheroes just like him!

William got to work quickly, using his Superhero creativity to think of all the fun things he could do at home. He made a long list with his mammy and daddy: pillow forts and cooking and games and dancing and puppet shows and singing and movies and MORE! Even better, William found out he could still play in the garden and go outside too, as long as he stayed away from all the superheroes who lived in different houses. They could wave to each other and wink, because they all knew the special job they were doing!

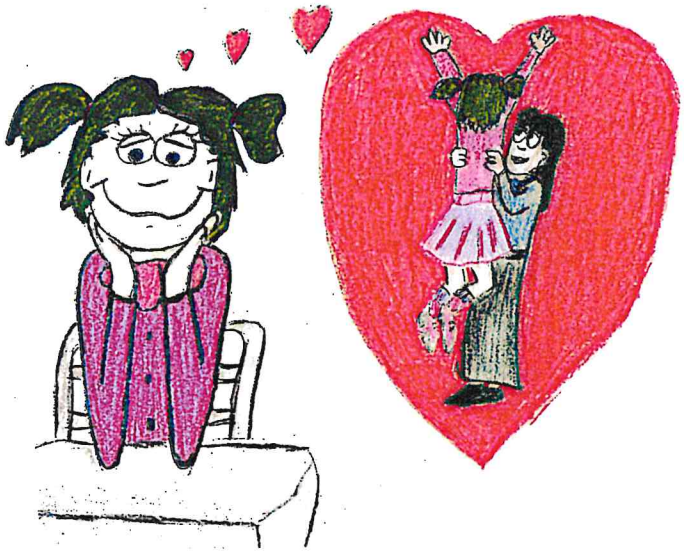
William did miss playing with his friends and going swimming and to the park. But then he remembered how important his new Superhero job was. He was helping to save the whole world and that made him feel so good inside. He was very proud of himself. Then he fired up his superpowers ready to find something fun to do. William the Stay Home Superhero and all his superhero friends worked hard together to help save the world, all without leaving their homes. And now you know, you can be a superhero too!

Adults, this is for you! Please take care of yourself. Your kids need you! 3

The goal during this difficult time is to have your child/children feel safe & connected -a feeling that you are all in this together and you will get through whatever comes your way.

This is the time for connectedness. I'm sure you are doing fine but I'm sending a handout that perhaps you will find something new & helpful.

If you don't already practice self calming, start now! On the other page, there are some ideas on how to help everyone do it -that is deep breathing. As everyone could use some relaxation in their lives! I do Star Breathing with my students so some will be familiar with it. Let them teach you it! It will make them feel so proud!



Remember they need your time!

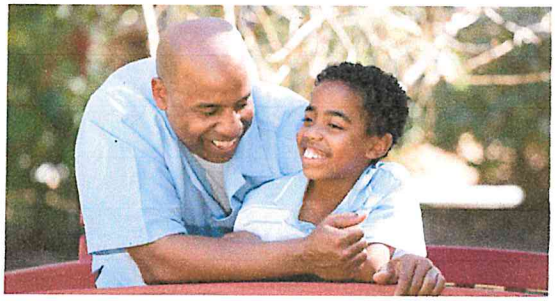
From Miss Delores Arbach, school counselor. Delores.arbach@lowerbruleschools.org
(Not my ideas; just passing on ideas from other counselors)

Connection Requires Four Critical Elements:

Eye Contact

Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."
- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch

Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

Playfulness

Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.

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Drain

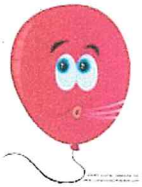
Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.

S.T.A.R.

Smile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



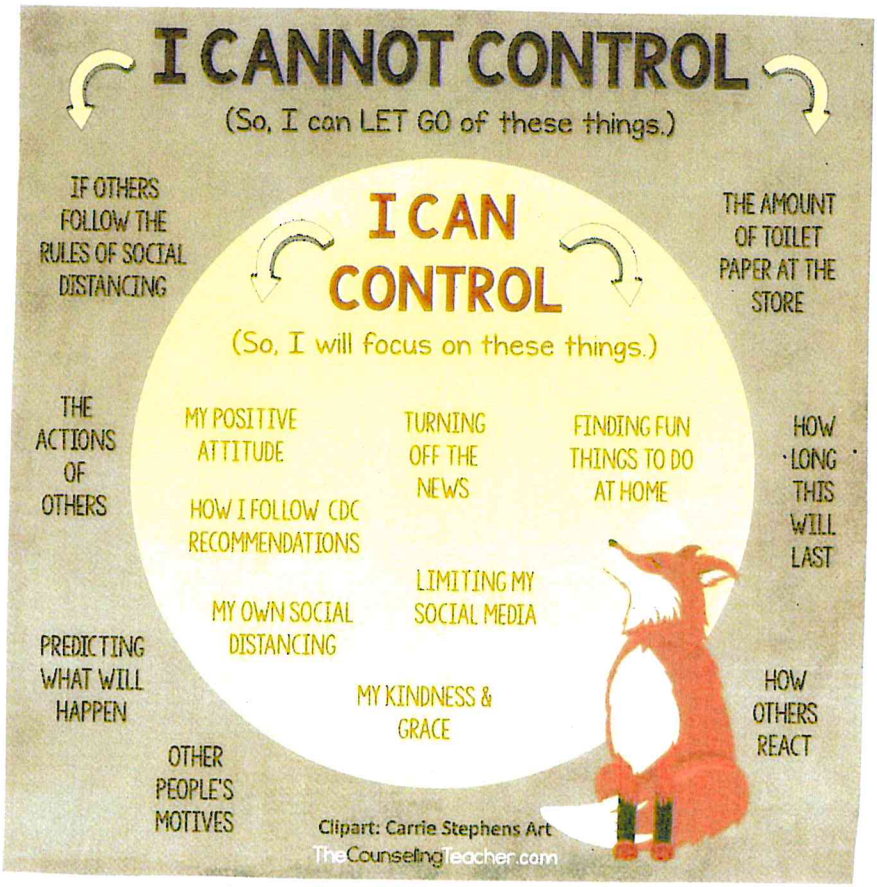
Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.

Adults, this is for you! Please take care of yourself. Your kids need you! 4

For you-focus on what you can control:

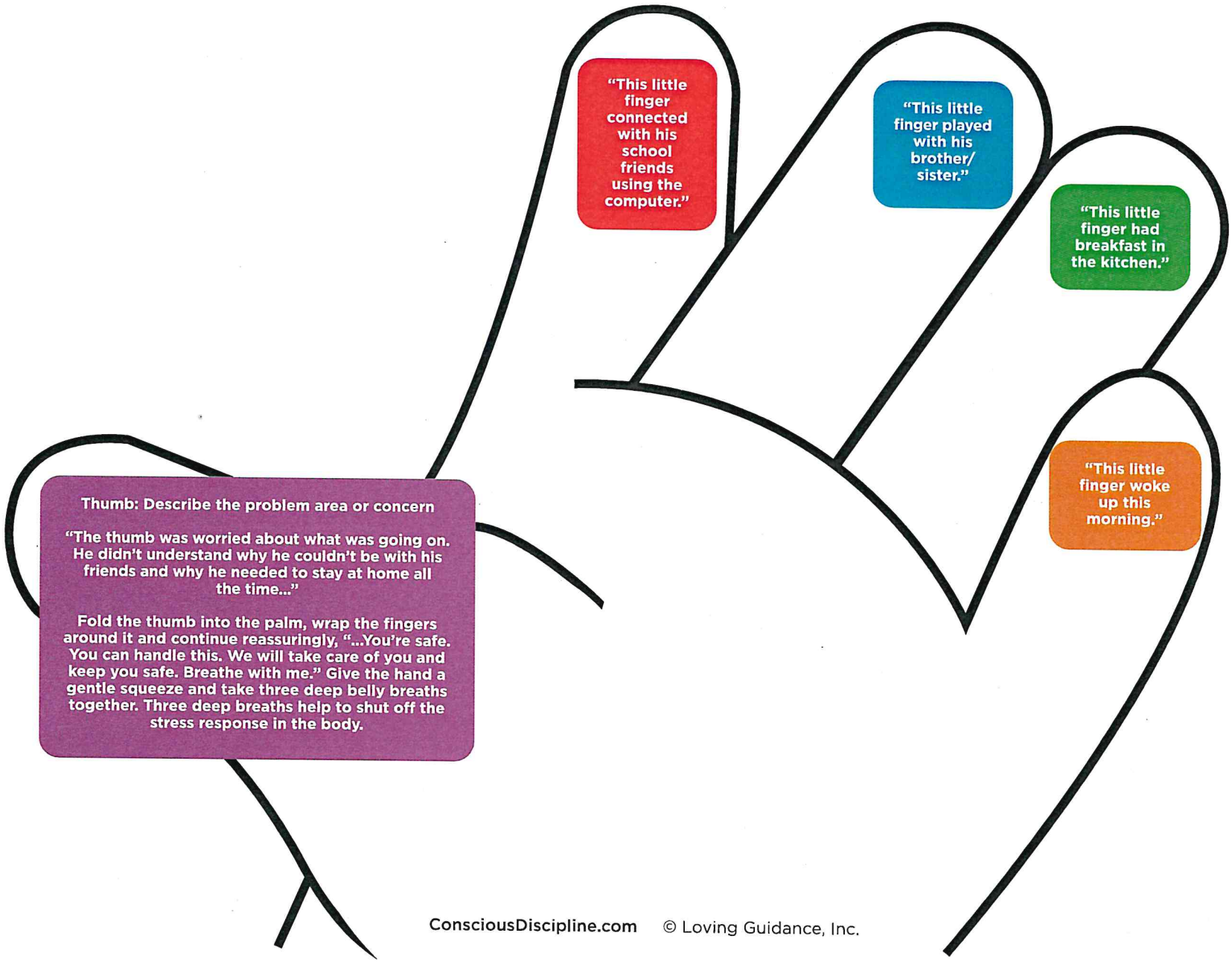
And then there is a game on the 3rd page. Have fun!



For your kids:
Use this Story Hand ritual to comfort and connect with a child who is feeling scared or anxious about COVID-19. A Story Hand is an I Love You Ritual by Dr. Becky Bailey. It offers children soothing comfort and connection during difficult times. The adult massages each finger from base to top, starting with the pinkie. As you massage each finger, state one positive thing that's happened recently. When you get to the thumb, verbalize a concern the child feels scared or anxious about. Then fold the thumb into the center of the palm, wrap the fingers over it and offer calm reassurance. This Story Hand shows sample words you might use for a child concerned by COVID-19. Slow down, connect, be present and enjoy this profoundly helpful activity with a child who is having a tough time.

From Miss Delores Arbach, school counselor. delores.arbach@lowerbruleschools.org (Not my ideas, just sharing)

If you or your children start to feel extremely worried or overwhelmed, please reach out to us at the school, the Tribal Behavioral Health office 473-8029. Or 24/7 you can **call** the Crisis Hotline 1-800-273-8255, Capitol Area Counseling 605-295-4357, Disaster Distress Helpline 1-800-985-5990. If you would prefer to **text**, you can do so by texting "Start" to 741-741.



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To be used with a dice. If you don't have a dice, you can write numbers 1–6 on pieces of paper, cut apart & put in a bowl.

DICE-BREAKERS

Roll a 1, choose from:

- Which superhero would you most want to be and why?
- If you could only eat one food for the rest of your life what would you choose?
- Describe yourself in five words or less
- If you could only keep four things, which would you choose?

Roll a 2, choose from:

- If you could get rid of one emotion forever, which would you choose?
- Describe your dream job.
- What is your favorite song? Play it now if possible.
- If you were a teacher what kind would you be?

Roll a 3, choose from:

- What's the scariest thing that has ever happened to you?
- You are granted one superpower for the rest of your life, what is it?
- Describe the perfect day.
- If you could live anywhere in the world where would you choose?

Roll a 4, choose from:

- Name something that really gets on your nerves.
- No pets or 10 pets, which would you choose?
- You've just won an award, what would it be for?
- Indoors or outdoors, where do you prefer to be?

Roll a 5, choose from:

- Who is someone you admire?
- You get to be in a video game for a day, which game would you choose?
- Describe your dream home.
- You get to choose your breakfast, lunch and dinner, what would you eat?

Roll a 6, choose from:

- You can have dinner with any 3 famous people, who would you choose?
- Describe the angriest you have ever been?
- If there was one place you would never have to go again, where would that be?
- You get to be any animal for a week, which would you choose

Tracy Turner Bumberry LPC, RPT-S, CAS

Adults, this is for you! Please take care of yourself. Your kids need you! 5

HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?

Stay calm.

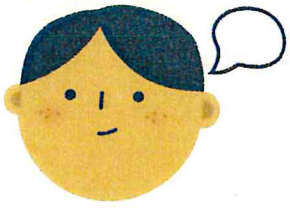
Children look to us for how to respond to stressful situations. Remember you being calm, helps your child to remain calm. Think about ways to manage the stress you might be carrying, talking with a friend, or going for a walk, so that you can be at your best in supporting your children.

Listen.

Let your child talk through how they're feeling. Acknowledge their emotions and help to label them. You can say, "Yes, I can see you're feeling worried" or "it is okay to feel angry that you can't see grandma right now." If you're noticing different behaviour, you can say. "I wonder if you might be feeling worried, or sad?" and, "what might help you feel better?"

Keep it simple & age-appropriate.

There is a lot of information coming at us at once. Having some language to help them to understand the situation, that you can repeat in calm ways, can help. Answer their questions as factually as possible but keep responses age-appropriate. Balance the facts with reassurance. Your child needs to know that they, and you, are safe.



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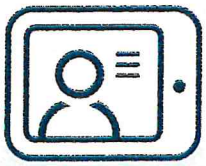


Take breaks from news coverage and social media

Limit exposure.

Avoid listening to or watching news coverage about the pandemic with young children around. Avoid having adult conversations about your own worries in front of children. Encourage older children to be aware of their social media use and to take breaks from this. Help them to think critically about what they are reading on-line, sorting myths from facts.

Follow your child's lead

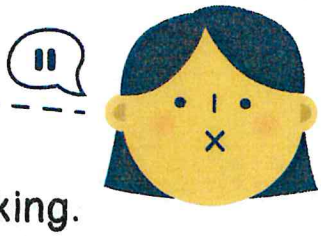
Establish a flexible routine.

Try to establish a flexible routine for your child. This might include a regular, but relaxed, time for waking and sleeping, and perhaps for meals and snacks. Some parents will be working from home and may have new opportunities to connect with their child during the day. Watch for those natural moments when you can just be together and follow your child's lead.

Provide reassurance and calm

Be patient and understanding.

Children react differently to changes in routine and stress. They may become frustrated more easily, or more emotional, or engage in things they did at a much younger age. Try to be understanding with your child, as they may just need more reassurance and calm during this time.



Pause before talking.

With so much news coverage and talk about COVID-19, over exposure is very possible. You can provide a break for your teen by not discussing the situation in front of them unless they want to talk about it.

Games not needing supplies.

Name Ten

Name 10 is a classic conversation game in which one person declares a category such as Fruit and the other players must come up with 10 examples of that category. The person who came up with the category gets to determine whether the examples fit.

This is similar to the game Scattergories – where teams or individuals come up with answers that fit the letter rolled on a die and the categories listed on their card. Scattergories was a hit in our household when I was growing up – a great game for any family who loves word play.

Traditionally a clapping rhythm keeps up the pace so players won't take forever to come up with a response.

A my name is Alice

In this conversation game each person takes turns adding a name and a thing in alphabetical order. The first person might say: A my name is Alice and I like apples, and the next person could say A my name is Alice and I like Apples, B my name is Bobby and I like bears and so the game goes with each person reciting and adding to the chain.

- If you have young kids you can drop the recitation of what others have said and just have them do the next letter so it could be the first person says A my name is Ann and I like airplanes and the next person says B my name is Ben and I like balls.
- If you have older kids try having each person add to each letter as they recite. The first person could say A my name is Abigail and I like aliens, the next person must not only do their own letter but add to the previous letters A my name is Abigail and I like aliens and atoms, B my name is Betty and I like bananas.

I Spy

This game traditionally starts with the phrase I spy with my little eye something… and then one descriptor is added such as red, smaller than a mouse, made out of wood. The other people take turns trying to guess what the item is. The person who guesses then gets to be the "spy". Perfect conversation game for a car trip.

20 Questions

One player thinks of an object, letting the others know only whether it is animal, vegetable, or mineral. Then the other players ask questions that can be answered only with yes or no.

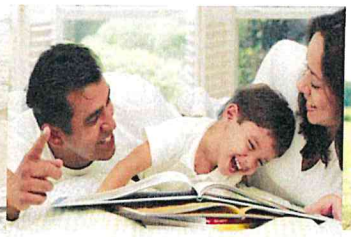
For instance, if the object is a car (mostly mineral), the players will ask, "Is it bigger than a laptop computer?" or "Can it move?" The object: Guess the answer in fewer than 20 questions.

Adults, this is for you! Please take care of yourself. Your kids need you! 6

Having fun with your kids will be great for both of you! Just enjoying the activity can take your mind off your stressors and be so helpful for your child as well.

Build in that extra togetherness by doing things with them. For younger kids, it may be extra reading or playing with their toys with them. Just encourage to tell stories with their toys. For older kids, it may be doing a puzzle or playing a favorite video game together. Whatever your child is doing, join in with them.

Go outside & play. You can go outside & take a walk, you should just be with those in your own house. The guidelines are that you stay 6 feet from people from other houses. Get down on the floor & play-wrestle, giggle, snuggle, hug, high five and enjoy the connection! Connection is fantastic for your mood as well as your child. Also connecting with your child will bring about more cooperation -and who couldn't use a little of that right now?!



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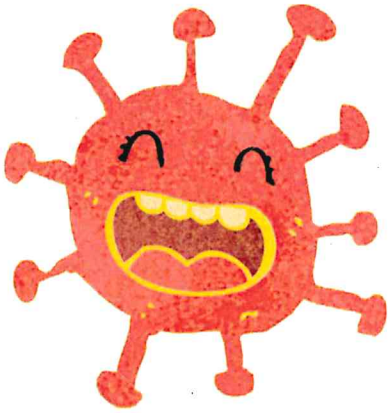
HELLO!

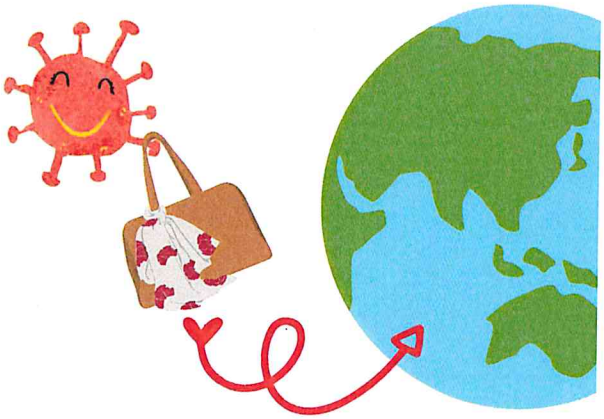
I am a VIRUS, cousins with the Flu and the Common Cold



My name is Coronavirus

MANUELA MOLINA - @MINDHEART.KIDS
WWW.MINDHEART.CO
CC BY-NC-SA 4.0 INTERNATIONAL PUBLIC LICENSE

I love to travel...

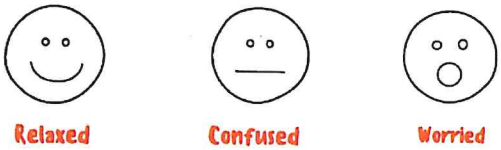


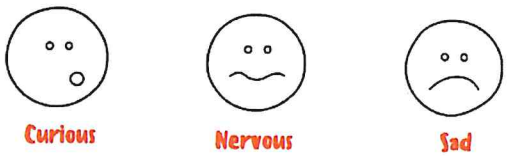
and to jump from hand to hand to say Hi

Have you heard about me?

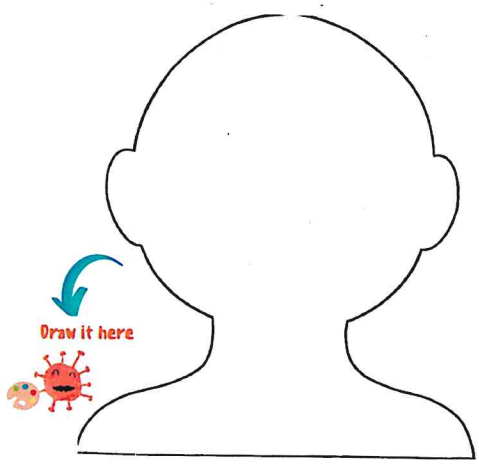
YES ☐ NO ☐

And how do you feel when you hear my name?



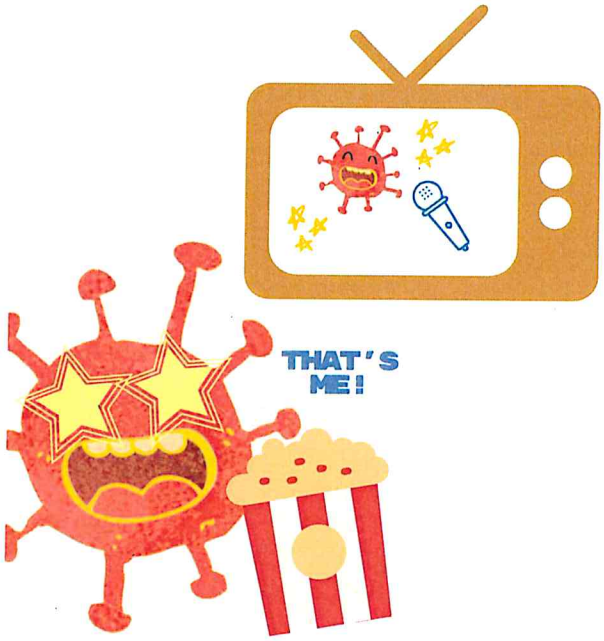


I can understand you feel...

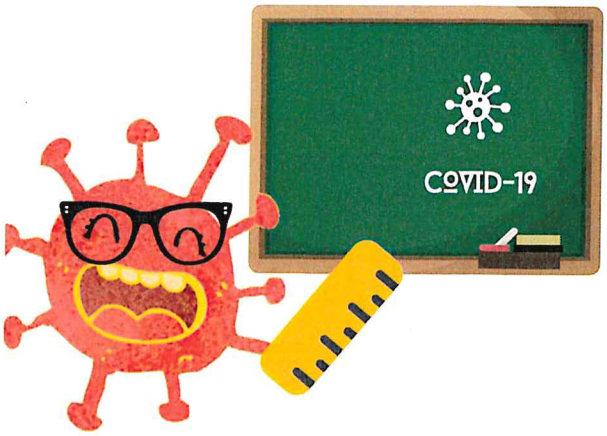


...I would feel the same way

Sometimes adults get worried when they read the news or see me on TV



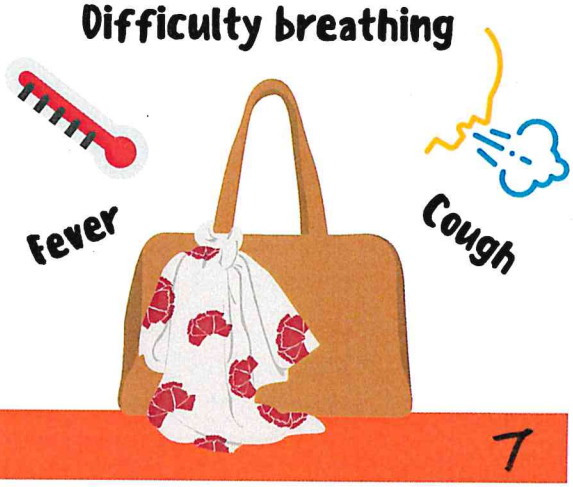
But I am going to explain myself...



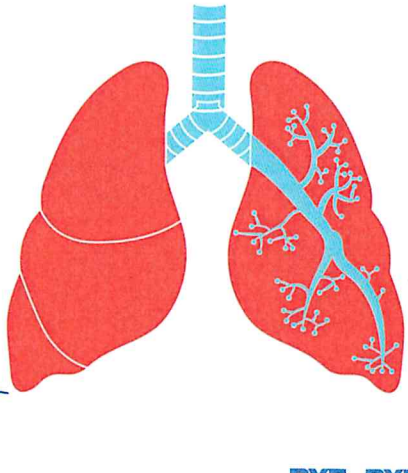
So you can understand...

When I come to visit, I bring...

Difficulty breathing



But I don't stay with people for long, and almost everyone gets better



Just like when you get a scrape on your knee and it heals

Dont you worry!

The adults who take care of you:

_____

will keep you safe

And you can help...

1

By washing your hands with soap and water while singing a song

You can sing your favorite song, the happy birthday song, or the alphabet song

2

By using hand sanitizer and letting it dry on your hands

Without moving them count to 10

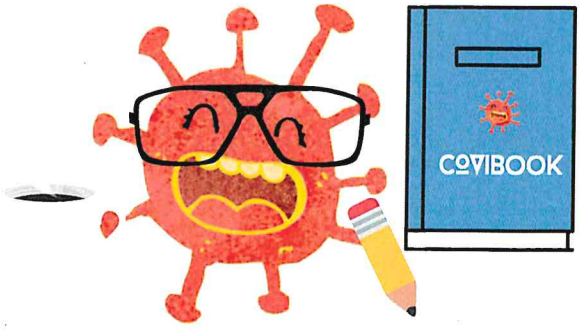
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!!

If you do all that
I will not come to visit

while the doctors work to find a vaccine
that will allow me to say hi
without getting you sick.

THE END



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Author:
Manuela Molina Cruz
Instagram: @mindheart.kids
manuela_825@hotmail.com
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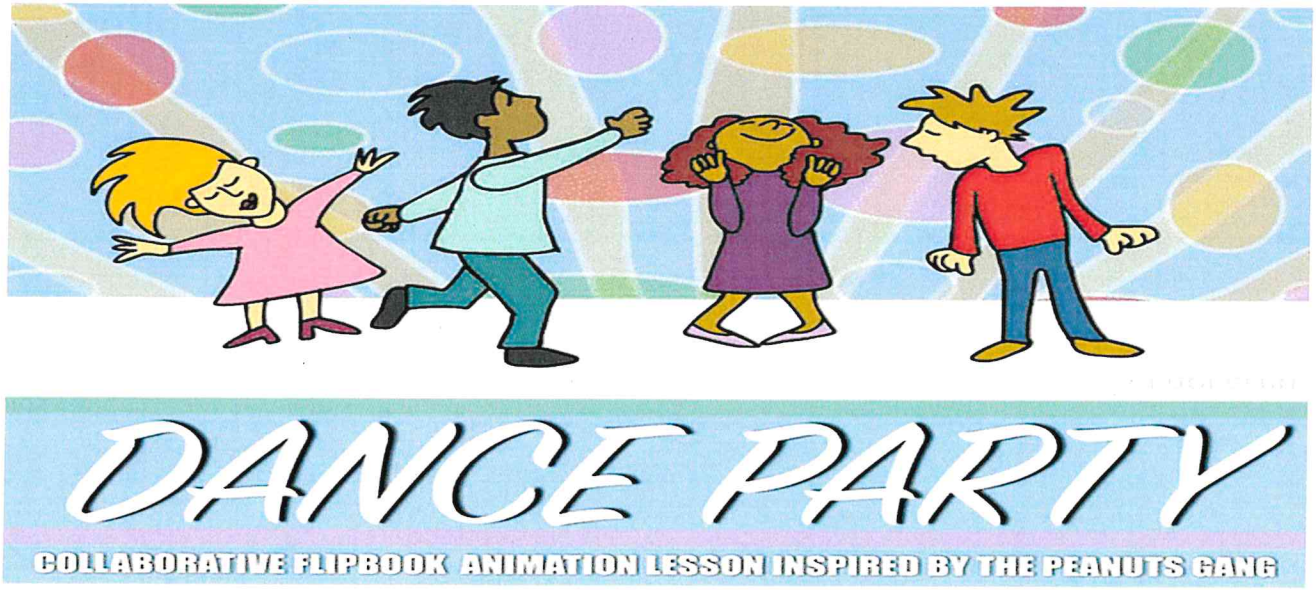
Adults, this is for you! Please take care of yourself. Your kids need you! 7

Compassion is one our most important resources right now. We want to offer deep compassion to others in the midst of this crisis. May we remember to turn our compassion inward, as well.

Be kind to yourself today. Don't judge yourself for what didn't get done this week, for we are not defined by what we do. Who you are is already enough!

Be excessively gentle and offer yourself compassion.

Find a way to let out your stress- soak in a tub or take a long shower, burn a wonderful smelling candle, laugh at silly jokes, sit outside & enjoy nature, or listen to some fun music & DANCE! Someday these days will be many memories! Make them fun!



From Miss Delores Arbach, school counselor. Delores.arbach@lowerbruleschools.org
(Not my ideas; just passing on ideas from other counselors)

If you or your children start to feel extremely worried or overwhelmed, please reach out to us at the school, the Tribal Behavioral Health office 473-8029. Or 24/7 you can **call** the Crisis Hotline 1-800-273-8255, Capitol Area Counseling 605-295-4357, Disaster Distress Helpline 1-800-985-5990. If you would prefer to **text**, you can do so by texting "Start" to 741-741.

More Games not needing supplies.

How many?

This simple game started when Immy was about three years of age and fascinated by animals but it can easily be adapted to other themes. I would start by asking a question about a specific attribute (see some examples below) and she would call out as many responses as she could think of;

- How many animals can you name that hatch from eggs as babies?
- How many animals can you name that have patterns on their bodies?
- How many animals can you name that eat leaves?
- How many insects can you name that have six legs?
- How many vehicles can you name with four wheels?
- How many things can you name that are cone shaped?

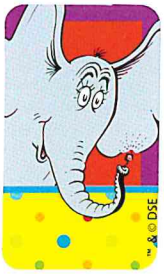
I'm thinking of…

A simplified version of 20 questions, and somewhat easier than I Spy when on the move in the car, we start this game with a single object in mind and the phrase, "I am thinking of something …," and then name a feature or attribute of the object or thing. So it might begin, "I am thinking of something that is blue." The other players are welcome to make a guess or ask for another clue and we go back and forth between clues and guesses until they work out the correct answer.

What's Better?

This fast paced game simply asks kids about their preferences between two things –

- "What's better – banana or apple?"
- "Banana"
- "What's better – banana or cheese?"
- "Cheese"
- "What's better – cheese or chocolate?"
- "Chocolate"
- "What's better – chocolate or ice cream?"



Of course, you don't have to choose food – books, prizes, games, sports – anything is fair game. Debates about different choices that children make provide lots of insight into their individual personalities and preferences.

my mood is SO managed

Here it is!

Eek!

Does anyone else smell smoke?

How often am I giving myself full permission to feel how I feel?

moment of mindfulness

Slow Mo

Slow Mo is short for "Slow motion."

Pick one task or activity, either a chore like sweeping the floor or something fun.

Slow way down like you're moving in slow motion.

Notice everything you can about the moment.

What do your hands feel?

What sounds do you hear?

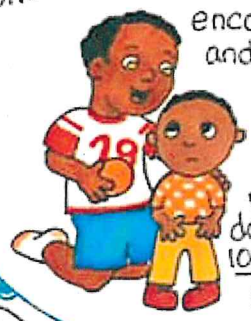
Do any feelings come up?

If your mind wanders, that's ok. Just return your attention to your Slow Mo!

Why did the teddy bear say No to dessert?

Because he was stuffed!

When you're feeling down, think of someone who could use some kind encouragement and support them! You can help even when you don't feel 100% good!



The greatest mistake in life is to constantly be afraid of making a mistake.
-Elbert Hubbard

Wut?

What's one nice thing you can plan for yourself that you can look forward to. Put it on the calendar today! It can be large or small, but it should be special!!!

chocolate milk comes from any color of cow.

mmm! chocolate + milk!

TODAY'S useless fact:

7% of adult Americans think chocolate milk comes from

BROWN COWS!

Yum oranges!

Write down 3 reasons why you rock!

Oy! No bungee jumping!

Yee!

The word "Orange" comes from the Sanskrit word "Naranga!"

What kinds of good and beautiful things are you experiencing right now?

Robert Wolf LMFT 102816