

## **CONVERSATIONS AROUND RETURNING TO SCHOOL AND COVID-19**

### **FOR PARENTS:**

- Encourage the students to brainstorm other ways to connect with their teachers and friends due to social distancing requirements.
- Approach the conversations with honesty and empathy, saying that you know he or she is feeling anxious about coronavirus, but that it is healthy to talk about our worries and emotions.
- You can reassure your children/students that lots of adults are working hard to keep their family safe but emphasize that it is important we all follow the recommended measures to take care of ourselves and others.

### **MENTAL HEALTH RESOURCES**

- Mississippi recently launched [Mental Health Mississippi](#), a website created to help you easily access mental health services for children and adults in Mississippi. You can search for services and resources in your local area. Visit the site to also find [COVID-19 resources](#) such as [Mobile Crisis Response Teams](#), [Crisis Lifelines](#), and the [DMH Helpline](#), all of which are available 24 hours a day, 7 days a week to help.
- You can contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 1-800-985-5990, the National Suicide Prevention Lifeline at 1-800-273-8255 or text "Home" to 741741 to text with a Crisis Text Line counselor. These helplines are available 24 hours a day, 7 days a week to all ages.

### **SCREENERS:**

- [Mental Health America Parents General Mental Health screening for kids](#)  
This is intended for parents to use, but the questions are general enough that it could probably be adapted for teachers.

### **FREE ONLINE SEL PLATFORM FOR HOME:**

- **Imagine Neighborhood:** <https://www.imagineneighborhood.org/>  
A podcast for kids and grown-ups. A world as BIG as BIG FEELINGS can get. New weekly content • Will address both returning to school after COVID-19-related school closures and issues of systemic racism highlighted by the murder of George Floyd

## **PARENT TEEN CONNECT:**

- <https://www.parentteenconnect.org/>  
Supporting family conversations on important issues: • Designed for use at home • Available in English and Spanish

## **ACTIVITY RESOURCES FOR CHILDREN AND TEENS:**

- **Go Noodle: Movement and Mindfulness Videos Created by Child Development Experts:** <https://www.gonoodle.com/>
- **Free online Resources with Stress Reduction and Movement Breaks for Teens:** <https://www.changetochill.org/>

## **PRESENTATIONS FOR PARENTS:**

- **Tips on Talking to Your Kids About the Coronavirus-Creating Predictability & Pain of Missing out (2 minute video)**  
<https://www.youtube.com/watch?v=MYTPekq79xs&feature=youtu.be>

## **FREE ONLINE SEL PLATFORMS:**

- **CLOSEGAP:** <https://www.closegap.org/>  
The first child-facing emotional wellness platform that captures how kids feel and helps parents and educators respond.

## **SELF-CARE RESOURCES:**

- **Do Nothing for 2 Minutes**  
<http://www.donothingfor2minutes.com/>

## **CHILD ABUSE/DOMESTIC VIOLENCE/BULLYING PREVENTION RESOURCES:**

- **PERSONAL SAFETY:** [Hot Chocolate Talk](#) / [Early, Open, Often](#)  
**For families and educators** • Short videos to help families have conversations about personal safety with their children • Learn the signs of abuse • How to respond to reports of abuse in a trauma sensitive way • Resources available in Spanish

➤ **BULLYING PREVENTION:**

<https://www.cfchildren.org/resources/bullying-prevention-information/>

For families and educators • Fun activities, comic strips, and videos •  
Students can learn about bullying prevention at home • Families can get directly involved

**ACTIVITY BREAKS DURING COVID-19 AND HOME BOUND INSTRUCTION**

- [https://docs.google.com/document/d/1H0CyTyf2GYV4SKa3-p7IFe21\\_3hHYBkqX3dT1Ju9UjI/edit](https://docs.google.com/document/d/1H0CyTyf2GYV4SKa3-p7IFe21_3hHYBkqX3dT1Ju9UjI/edit)

**COVID-19 HEALTHY LITERACY PROJECT FOR TRANSLATED MATERIALS**

- <https://covid19healthliteracyproject.com/>