

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

### **FOR TEACHERS:**

- 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.

### **SCREENERS:**

- Screen for COVID-specific distress:  
[https://www.nlm.nih.gov/dr2/COVID-19\\_BSSR\\_Research\\_Tools.pdf](https://www.nlm.nih.gov/dr2/COVID-19_BSSR_Research_Tools.pdf)

### **SELF-CARE RESOURCES:**

- **For Student Support Professionals**  
<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-student-support-professionals.pdf>
- **Tips for Educators**  
[Self Care for Educators \[pdf\]](#)

### **SUICIDE PREVENTION:**

- **NASP: Comprehensive School Suicide Prevention in a Time of Distance Learning Checklist:**  
<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3A2040e79e-19d5-43a2-806e-a15a03da891e#pageNum=1>

## **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/>