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# A NOTE FROM THE SCHOOL SOCIAL WORKER

SYMONS ELEMENTARY SCHOOL ~ EMILY FITZGERALD



## QUICK WAYS TO HELP KIDS EXPRESS ANGER

1. RIP PAPER
2. POP BUBBLE WRAP
3. SQUISH PLAYDOUGH
4. WRITE A LETTER TO SOMEONE
5. JUMP ON A TRAMPOLINE
6. DO WALL PUSH UPS
7. WRITE DOWN WHAT IS BOTHERING YOU, THEN RIP IT UP
8. SQUEEZE A STRESS BALL
9. TALK ABOUT IT
10. SCRIBBLE ON PAPER, THEN CRUMPLE IT UP
11. DO JUMPING JACKS
12. DO STRETCHES
13. DO A HOOK UP - [CLICK HERE TO WATCH VIDEO](#)

[COPINGSKILLSFORKIDS.COM](http://COPINGSKILLSFORKIDS.COM)

## FOR THE STUDENT

**COPING SKILLS FOR DEALING WITH THE CORONAVIRUS (COVID-19) FROM A CHILD THERAPIST**  
BY [COPINGSKILLSFORKIDS.COM](http://COPINGSKILLSFORKIDS.COM)

While some kids have settled into new routines and may be starting to adjust to their new normal, many continue to have difficulty coping with all of the changes that have come along in the past several months. And as we move closer to summer, we can anticipate that new transitions will bring with them new challenges as well. Here is another resource that includes ideas and activities to help support your child's coping skills (and a few for adults as well!)

[CLICK HERE TO READ MORE AND DISCOVER MORE COPING SKILLS FOR KIDS, TEENS, AND ADULTS TOO!](#)



## FOR THE PARENT

### RESOURCES FOR FAMILIES DURING THE CORONAVIRUS PANDEMIC BY COMMON SENSE MEDIA

Common Sense Media provides recommendations and reviews of media and technology aimed at helping schools and families make informed decisions about their children's use of technology. In addition to their regular resources, they now have a collection of recommendations and tips specifically aimed at supporting families through the pandemic. Examples of some of their COVID-19 resources include:

- Games that help kids think critically
- Comforting books for little kids
- Screen time in the age of Coronavirus
- Movement apps, games, and websites
- Parents' ultimate guide to Messenger Kids

[FIND THE WHOLE COLLECTION HERE](#)

### resource spotlight:

### Telehealth Therapy at Thriving Minds

DURING THE COVID-19 STAY AT HOME ORDER, YOU CAN STILL ACCESS MENTAL HEALTH SERVICES FOR YOURSELF, YOUR FAMILY, OR YOUR CHILD(REN). ONE OPTION WOULD BE TO REACH OUT TO A THERAPIST THAT IS OFFERING TELEHEALTH THERAPY (ONLINE SERVICES) SUCH AS THRIVING MINDS. THRIVING MINDS

OFFERS THE FOLLOWING SERVICES:

- THERAPY FOR ANXIETY DISORDERS
- THERAPY FOR DEPRESSION, GRIEF, & LOSS
- THERAPY FOR COPING WITH THE CORONAVIRUS PANDEMIC AND RELATED STRESSORS
- PARENT MANAGEMENT TRAINING & PCIT TO HELP PARENTS RESPOND TO CHILD BEHAVIOR PROBLEMS
- TF-CBT FOR CHILDREN WHO HAVE EXPERIENCED TRAUMA
- INDIVIDUAL THERAPY OR PARENT TRAINING FOR CHILDREN WITH AUTISM SPECTRUM DISORDER (NOT ABA)

[CLICK HERE TO ACCESS THRIVING MINDS' FLYER](#)

**Need additional support  
or have questions?  
I am here to help!**

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