

## **Distance Learning Support Resources for Families**

If you would like any further information on these resources, please text or call Dr. Laura Litynski at 775-400-6546. I can provide handouts mentioned below, or handouts about helping children cope with COVID-19, as well as handouts for age specific ways to talk to your students after a disastrous event like what is currently going on in the news, you can also email me at [laura.litynski@washoeschools.net](mailto:laura.litynski@washoeschools.net).

This is a compilation of collected resources from various sites, we have found useful for families at Incline Elementary Schools since Distance Learning started in March of 2020;

### Social Academic Resources:

- Tahoe Tutoring is offering no cost tutoring for your students based on need! Tutoring will be available from now through the end of the school year. Call (775) 300-6077 or email [info@tahoetutoring.com](mailto:info@tahoetutoring.com).
- Free resource for 1st and 2nd grade families through June 30. Character tree is offering a free subscription with fun videos just go to [Charactertree.com](http://Charactertree.com).
- Families can now access free Second Step Emotion Management lessons for Grades K–5 on-demand, along with support materials for each lesson.  
Kindergarten Lessons- <https://www.secondstep.org/covid19support/kindergarten-lessons>  
Grade 1 [Lessons-https://www.secondstep.org/covid19support/grade-1-lessons](https://www.secondstep.org/covid19support/grade-1-lessons)  
Grade 2 [Lessons-https://www.secondstep.org/covid19support/grade-2-lessons](https://www.secondstep.org/covid19support/grade-2-lessons)  
Grade 3 Lessons-<https://www.secondstep.org/covid19support/grade-3-lessons>  
Grade 4 [Lessons-https://www.secondstep.org/covid19support/grade-4-lessons](https://www.secondstep.org/covid19support/grade-4-lessons)  
Grade 5 [Lessons-https://www.secondstep.org/covid19support/grade-5-lessons](https://www.secondstep.org/covid19support/grade-5-lessons)
- Franklin Covey has a family resource page for COVID -19 and if you scroll down there are little cartoons for the 7 habits for leaders and bite size lessons Enjoy!  
<https://www.leaderinme.org/family-resources/>
- UNLV is offering free counseling to anyone who needs help getting through the pandemic. Counseling students from various disciplines are offering short-term zoom or phone sessions under the direction of professors. Sessions are for time needed. To access the free services, call 702-895-1532 or Email: The.Practice@unlv.edu.
- Opportunity Across Nevada for Healthy Home Life is offering free Workshops via zoom for parents, professionals and caregivers Topics are Child development, protective factors, parenting styles, how to use effective discipline following inappropriate behaviors, when to reward appropriate behaviors, foster positive interactions and create supportive environments for your child. set appropriate expectations for your child, identify and live in line with personal values (flyer upon request).
- Sanford Harmony offers parents and students resources at home and a new app for your phone for free. Check this out it has different grade level resources. This page has it all. Enjoy your afternoon! <https://online.sanfordharmony.org/>

- New Resources recommended from the WCSD counseling dept.  
<https://www.air.org/resource/building-positive-conditions-learning-home-strategies-and-resources-families-and-caregivers>
- WCSD behavior teams (general and special education) will be available via email or phone to support families with behavioral needs. You can reach out for individualized supports if you are struggling with setting up routines or schedules, behavioral challenges, etc. Contact information is below Email: mtss@washoeschools.net Phone: 775-337-7566
- Here is another link families for Parenting support during Crisis,  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
- This is a great resource family from one of our teachers who has made some helpful videos of what you can use to help students keep on track at home. Thanks Leslie! 2 Minute Teaching Tips  
[https://www.youtube.com/results?search\\_query=2+minute+teaching+tips+Teacher+Leslie](https://www.youtube.com/results?search_query=2+minute+teaching+tips+Teacher+Leslie)
- Nevada put out this guide for families to help with coping and new resources  
<https://nvhealthresponse.nv.gov/wp-content/uploads/2020/04/CV-Kid-Edition-FINAL-4.1.20.pdf>
- Project real for encouraging positive behaviors <http://projectreal.com/news/>

#### Community Resources

- Washoe County Library has numerous online resources for families – books, audiobooks, digital magazines, language tutorials, and more. Washoe County Library System has introduced a new Digital Library card during COVID-19. If you do not have a library card already, please go here to sign up for a card and get access to all the library has to offer. Brainfuse – students can talk to tutors in real time for help with their schoolwork. Also, they have started Virtual Story Time in their Facebook page @Washoe County Library Virtual Story Time.
- For free access to a library of grade-specific digital editions of Time for Kids and Your \$ financial literacy magazine, click <https://time.com/tfk-free/>
- Turnkey teaching tools, with worksheets and quizzes for teachers or families are available <https://www.timeforkids.com/teaching-materials-1/>
- For local resources go to <https://embraceincline.com/>
- Our fantastic Rotary Club is offering a variety of assistance to the community go to [www.angelatyourdoor.org](http://www.angelatyourdoor.org) Two flyers in English and in Spanish are on the IES website.
- There is a new 211 app in Nevada for resources. Nevada 211 Director at MMI. “It’s now easier than ever to connect with organizations providing local assistance to meet critical needs, including housing, food, utility assistance, transportation, and childcare.” (Flyer upon request).
- COVID-19/Coronavirus Assistance Programs | [FindHelp.org](https://FindHelp.org) The network has helped 3,063,095 people, and counting. Thousands of organizations, including non-profits and neighborhood groups, are helping people affected by COVID-19 all across the country. Just put in the zip code of the person or family for whom you need assistance and you will find links to local resources.

- Update on Boys and Girls Club for all parents please read  
<https://www.bgcnlt.org/covid-19-update>
- Application for Utility Assistance  
<https://reno.salvationarmy.org/reno/utility-assistance>
- Here is the link for Nevada energy assistance for families that need some help.  
<https://www.nvenergy.com/alwayson/covid-ceo-update>
- Numbers for help with childcare and unemployment or assistance  
<https://nvhealthresponse.nv.gov/wp-content/uploads/2020/04/Planning-Information-for-Families-3.31-1.pdf>
- If you are struggling with internet and can't afford it or don't have it click on this link to see who is offering it for free during this crisis.<https://www.highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service> Spectrum is how to get free internet through June 30. (Flyer upon request) Parents of preschool and kinder... Netflix has added Leap Frog Letter Factory, Phonics and Numberland.

Career sites for something to help students to look to the future

- This first video is a fun video about what you want to do when you grow up.  
<https://www.youtube.com/watch?v=1-M5MpE27vc>  
This is like a career field trip of videos in any field in English and Spanish  
<https://www.careeronestop.org/Videos/CareerVideos/career-videos.aspx>
- Kids dream about what they will do when they grown up that is what they do! This is a fun elementary career survey. You can take it too and see how accurate it is (upon request)

**Social Emotional Learning** at WCSD (SEL) is a process for helping children and adults develop the fundamental skills for life effectiveness. SEL teaches the skills we all need to handle ourselves, our relationships, and our work, effectively and ethically. Resources on the Counseling Page of the Incline Elementary Website: Mental Health Infographic: "Talk, Trust, Role Model, Ask for help, Connect, and Team up" is great for how to help your students with staying mentally happy, SEL descriptions and standards and emergency resources from WCSD are housed on the IES Counseling website at <https://www.washoeschools.net/Page/14429>

#### SEL Tips for Parents for distance learning

1. **Self Awareness** - Check in for yourself and your student first thing in the morning. Sometimes we need words for our emotions and there are so many! Pick one a day, write it down and after 30 days see how your mood was for the month! Even better share that with someone. Feeling charts and zones of regulation chart to get into the green zone for self-awareness are on the counseling page of the Incline Elementary Website listed above. Set the tone for a positive learning environment. "Nothing is impossible. The word itself says, I'm possible" -Audrey Hepburn.
2. **Self-Management** – Set up a schedule with breaks. Based on how you feel how can we manage that using strategies. Using a self-management goal sheet" (upon request) may be

helpful for students. If they make a goal help them be honest with what they successfully can accomplish and then when they accomplish it. Ask them how they felt when they met the goal! Below are some resources from our social worker Hannah Davis to help with Self-Management:

- Physical Self-Care Eat regular, healthy meals (breakfast, lunch, dinner, snacks); Get enough sleep; Exercise regularly (dance, swim, walk, run, play sports, bowling, skating, etc.); The “Look Up” remote wellness and recreation programming includes a library of prerecorded videos that community members can view at their leisure, as well as a schedule of live-streamed programming where participants can interact with the presenters.<https://www.yourtahoeplace.com/news/incline-village-recreation-center-offers-online-wellness-programming>
- Provides parents a link to virtual relaxation through this link  
<https://www.unr.edu/counseling/virtual-relaxation-room>  
If you go to the link there are pictures to click on and under some of them like the music picture there are strategies and links to listen and relax. For students, here are links to relax the little ones <https://apps.apple.com/us/story/id1333722487>
- If you like calming yoga activities for kids  
<https://www.youtube.com/user/CosmicKidsYoga/playlists> Here is a wellness link for you parent educators and your students .  
<https://www.breathe4change.com/?fbclid=IwAR15b1-mXB1xiwSLxhTUeKFydsuDlrk3ioTLNu940AfYT1O6KDN0XGjPQF8>
- Mental Health Self Care is also part of self-management. Make time for self-reflection; Write in a journal; Read for pleasure; Decrease the stress in your life; Listen to your thoughts, judgments, beliefs, attitudes, and feelings; Try new experiences: new movie, theater performance, new foods, riding a skateboard, etc. Try Playworks games. At school we had adopted Playworks for games that are fun and encouraging. Playworks has put out a link for support for families at home now. Please check out their page with a new at home guide, live Facebook games, and youtube channel. <https://www.playworks.org/news/playathome-with-playworks/>
- Emotional Self-Care is a big part of self- management. Give yourself positive affirmations; Love yourself; Accept yourself for who you are; Identify and seek out healthy, comforting activities, objects, people, relationships, and places; Allow yourself to cry; Find things that make you laugh (it’s the BEST medicine);

3. Social Awareness- Have your student try to exhibit empathy by asking someone how they feel, sending a note of appreciation about what they like about someone else’s culture or another person in their family and let them help someone else. Make time for reflection; Spend time in nature; Be open to inspiration; Cherish your optimism and hope; Appreciate the non-material aspects of life; Be open to not always having the answer; Identify what is meaningful to you and embrace it; Contribute to causes you believe in; Read inspirational literature; Watch inspirational movies/shows; Listen to inspirational music. If you are passionate about something you become the role model for your student and they think it is ok to also rise to the occasion and do their best for themselves and others. Think of an inspirational quote from a famous person and share that with them.

4. **Relationship skills** -Spend time with others whose company you enjoy; Nurture the relationships with people who are important to you; Advocate for yourself; Set boundaries with friends and partners, encourage the student to say or do 3 positive things for others, let them make a phone call or zoom with friend or relative to make a positive connection and write in their journal one way they were able to prevent or manage a relationship issue and talk about it with your student. You can also have fun with this yourself and seek out connections with teachers and a peer support group.

5. **Responsible decision making** - To practice, ask your students to identify one problem (social or academic), gather information about the problem, write down two different solutions and then list the good and bad of each solution. Have the student then pick their best solution then take personal responsibility for whatever they chose and ask them how does this help them or others? Make quiet time to complete classwork; balance schoolwork with socializing; Put your phone away during class so you can focus; Structure your activities and time to have balance between school life and home life, family, friends, relationships, and “me” time. Get medical care when needed;

### **Coping with Grief and Loss from <https://www.apa.org/topics/grief>**

Talk about the loss of your loved one with friends or colleagues in order to help you understand what happened and remember your friend or family member. Avoidance can lead to isolation and will disrupt the healing process with your support systems.

Accept your feelings. You may experience a wide range of emotions from sadness, anger or even exhaustion. All of these feelings are normal and it's important to recognize when you are feeling this way.

If you feel stuck or overwhelmed by these emotions, it may be helpful to talk with a licensed psychologist or other mental health professional who can help you cope with your feelings and find ways to get back on track.

Take care of yourself and your family. Eating healthy foods, exercising and getting plenty of sleep can help your physical and emotional health. The grieving process can take a toll on one's body.

Make sure you check in with your loved ones and that they are taking the necessary healthy steps to maintain their health. Reach out and help others dealing with the loss. Spending time with loved ones of the deceased can help everyone cope. Whether it's sharing stories or listening to your loved one's favorite music, these small efforts can make a big difference to some. Helping others has the added benefit of making you feel better as well.

Remember and celebrate the lives of your loved ones. What you choose is up to you, as long as it allows you to honor that unique relationship in a way that feels right to you.

<https://www.apa.org/topics/grief>

## **Talking to Kids about Coronavirus from ChildMind.org**

Don't be afraid to discuss the coronavirus.

Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry more. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who offers the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

Be developmentally appropriate.

Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters. Take your cues from your child.

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Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.

Deal with your own anxiety.

"When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.

Be reassuring.

Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the Zu is much more common) and that kids actually seem to have milder symptoms.

Focus on what you're doing to stay safe.

An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and are blowing their

nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.

Stick to routine.

"We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. It is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

Keep talking.

Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"