



Student Well Being

Students & Families:
Supports, Resources and Activities
March 17- April 3, 2020

#whereUbelong

Student Well Being

Important Links and Websites to Stay Updated:

Main School Website: <https://www.westerville.k12.oh.us/>

COVID-19 Info: <https://www.westerville.k12.oh.us/administration/143>

Student Well Being Resources: <https://www.westerville.k12.oh.us/administration/132>

Student Well Being Page: <https://www.westerville.k12.oh.us/Administration/103>

Student Well Being Contacts: <https://www.wcsoh.org/Content2/41438>

How Do I Connect with My School Counselor?

Email or Phone is best way to connect.

All buildings (K-12) have an assigned school counselor.

Please click on link and find your school building and assigned school counselor:

<https://www.wcsoh.org/Content2/41438>

You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.



ONE KIND WORD
can change
someone's
entire day

The Golden Rule

How Do I Connect with a School Social Worker?

Email or Phone is best way to connect.

All High Schools have social workers.

All Middle Schools have Concord staff (Prevention Clinicians).

Elementary Schools vary with services/personnel.

**Please click on link and find your school building
and social worker (bold blue):**

<https://www.wcsoh.org/Content2/41438>

Immediate Resources for Social and Emotional Health

For immediate safety concerns regarding yourself or others, call 911.

If you are concerned about the safety of a young person, please utilize one of the following resources:

- In the event of a mental health emergency, *call* the Franklin County Crisis Line at (614) 722-1800 OR Delaware County at (740) 369-4482
- You can also *text* the keyword "HELLO" to 741741 and expect a reply from a trained Crisis Counselor

Other Resource Numbers:

- Franklin County Child Abuse Reporting Hotline: (614) 229-7000
- Delaware County Child Abuse Reporting Hotline: (740) 833-2300
- 24-Hour Suicide Prevention Hotline: 1 (800) 273-TALK
- Domestic Violence Hotline: 1 (866) 331-9474
- Runaway Hotline: 1 (800) 786-2929
- WCS Safe School Helpline: 1 (800) 4-1-VOICE ext 359

Breakfast and Lunch Information

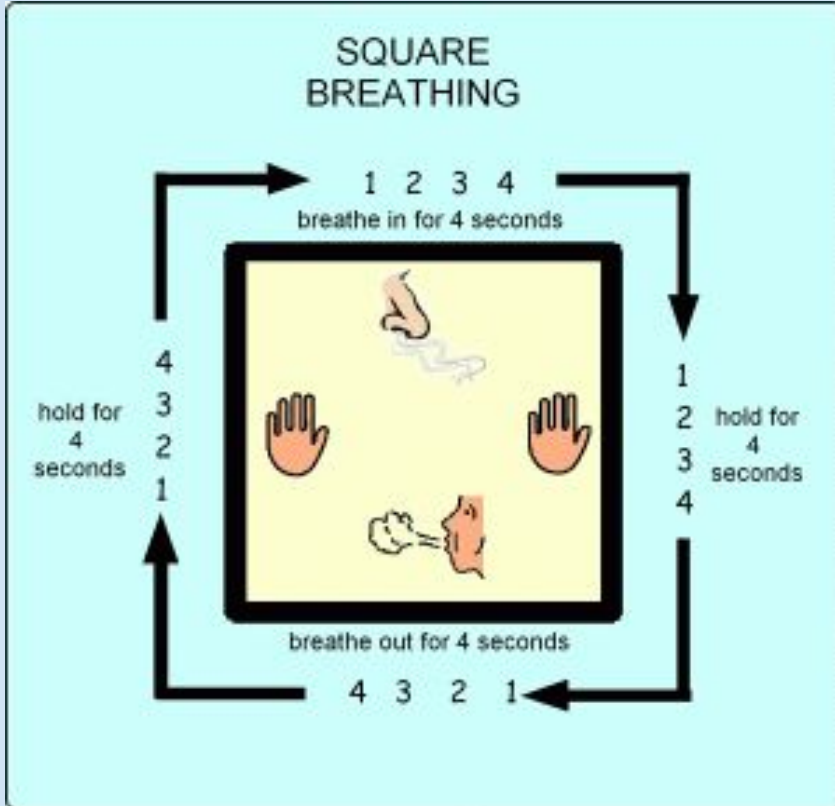
To Begin Thursday, March 19th- April 3rd
(Weekdays)

MORE DETAILS:

Breakfast and Lunch Locations and Information Can be Found

<https://www.westerville.k12.oh.us/Administration/38>

SELF CARE STRATEGIES



5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

More Strategies

LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



More Strategies

GROUNDING WITH YOUR FIVE SENSES

What are → **5** THINGS YOU CAN SEE

Hear → **SUN**
PICTURE ON THE WALL
PEOPLE WALKING

4 THINGS YOU CAN FEEL

WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3 THINGS YOU CAN HEAR

BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2 THINGS YOU CAN SMELL

FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1 THING YOU CAN TASTE

MINT
Breakfast
TOOTHPASTE



Take A Moment to Look Around You.
At home, Outside, On a Walk.
Try and Find Each Color of the Rainbow.

More Strategies

5 SEATED YOGA POSES YOU CAN DO **IN A CHAIR**



*Seated Cat
and Cow*



*Seated Forward
Fold*



*Chest
Expansion*

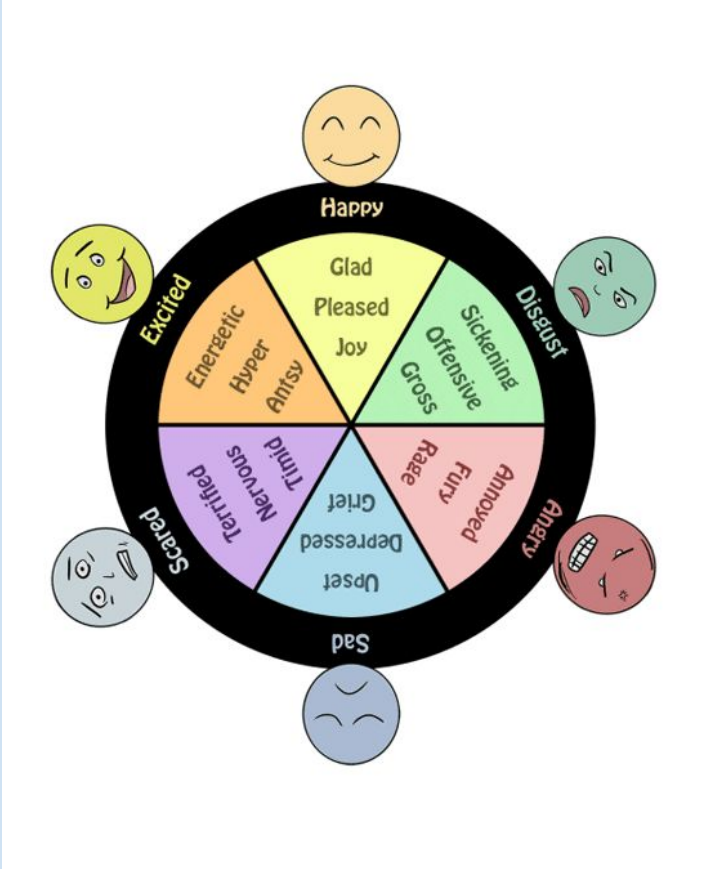


*Seated
Pigeon*



*Seated Spinal
Twist*

More Strategies



Feelings & Emotions

More Strategies

My Daily Journal Date: _____

Everything that happened today:

Feelings that I felt during the day:

Best part of today was:

Something I would change about today if I could:

Something I'm looking forward to tomorrow is:


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For more resources, visit www.myABCs.com

_____ 's Feelings Journal

Date: _____

Today I am _____

happy sad mad excited sleepy

Name: _____

...Or just write down your thoughts and feelings on any piece of paper each day...

More Strategies

100 GRATITUDE PROMPTS

for Kids of All Ages

FREE

1. Someone you love.
2. Someone who helps you.
3. Someone you love to hang out with.
4. Something you cherish.
5. Something you love to do.
6. Something that makes you laugh.
7. Someone who makes you laugh.
8. Somewhere you like to go.
9. Somewhere you like to stay.
10. Something you like to listen to.
11. Something yummy.
12. Something that smells nice.
13. Something beautiful.
14. Something warm.



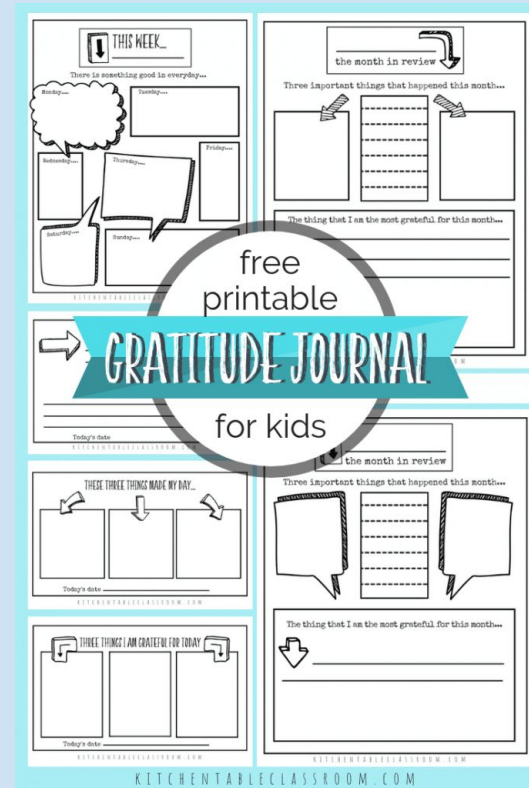
Inner Pieces GALLERY

Gratitude Journal Prompts

for middle school students

- How often do you stop and think about what you are grateful for? How could you do this more often?
- How do you feel when someone shares their gratitude for you or something you've done?
- Write about a time when you thanked someone and you could tell it made them really happy.
- Why is it important to practice gratitude?
- Do you ever find it difficult to be grateful? Why or why not?
- Think of something good you did for yourself recently and write yourself a thank-you note.
- Write a thank-you note to a friend for the part he or she played in a special memory.
- Write a thank-you note to your parents for any topic of your choice.
- Write a thank-you note to your most prized possession for the purpose it serves in your life.
- Write a thank-you note to someone you don't know well who impacted you recently.
- Make a list of all the people you are grateful to have in your life. Then, choose one to write about in detail.

JournalBuddies.com



GRATITUDE: write down one thing each day you are grateful for...

Sample Daily Plans

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

Daily Home Schedule		
7:00	BREAKFAST	
7:30	FREE PLAY	
8:30	LEARNING ACTIVITIES	
10:00	SNACK	
10:30	CRAFTS	
11:00	MOVEMENT ACTIVITIES	
11:30	STORY TIME	
12:00	LUNCH	
12:30	OUTDOOR PLAY	
1:30	LEARNING ACTIVITIES	
3:00	COOKING & SNACK	
4:00	GAMES & PUZZLES	
4:30	FREE PLAY	
5:30	DINNER	
6:00	FREE PLAY & TECH TIME	
7:30	BEDTIME ROUTINE	

Activity Ideas



LEARNING

- MATCHING
- COUNTING
- PREPOSITIONS
- COLOR/SHAPE ID
- PATTERNING
- LETTERS/NUMBERS
- DESCRIBING
- ORDERING BY SIZE
- RHYMING

CRAFTS

- COLLAGES
- PAINTING
- STICKERS
- KINETIC SAND
- CARDBOARD BOX CREATIONS
- SCRAPBOOKING
- BEADING
- SEWING

MOVEMENT

- DANCE PARTY
- GONOOBLE/FUN & FLUENCY (ONLINE)
- MOVEMENT SONGS
- OBSTACLE COURSE
- EXERCISES
- BRAIN BREAK ACTIVITIES
- YOGA POSES

FREE PLAY

- LEGO'S/BLOCKS
- MAKE A FORT
- PUPPET SHOW
- DOLL HOUSE
- DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN
- CREATE A MAZE
- PLAY DOUGH

COOKING

- HOMEMADE PIZZA
- POPSICLES
- CEREAL BARS
- STOVETOP POPCORN
- PLAY DOUGH
- SLIME/OOBLECK
- APPLESAUCE
- JELLO/PUDDING
- FRUIT SALAD

STORY TIME

- STORYLINE ONLINE
- BOOKS ON TAPE
- PICTURE WALK
- FELT BOARD ACTIVITIES
- STORY RETELLING
- COMPREHENSION QUESTIONS
- STORY ELEMENTS

GAMES

- PUZZLE RACE
- PLAYING CARDS
- HIDE AND SEEK
- BOARD GAMES
- CHARADES
- FOLLOW THE LEADER
- SIMON SAYS
- ACTION IMITATION
- I SPY

OUTDOOR

- RIDE BIKES
- NATURE WALK
- SCAVENGER HUNT
- CHALK
- HOPSCOTCH
- BUBBLES
- JUMP ROPE
- SPORTS/RACES
- TAG

For more information visit: biasbehavioral.com

Follow @biasbehavioral on social media    

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NEED A BREAK? : TAKE A VIRTUAL TOUR

The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games.

[Live Cams at the San Diego Zoo](#)

[Monterey Bay Aquarium live cams](#)

[Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#)

[Mud Volcano](#), [Mammoth Hot Springs](#), and so much more.
Tour [Yellowstone National Park!](#)

[STEM](#)

[Manufacturing](#)

[Social Emotional Skills](#)

[Explore the surface of Mars](#) on the Curiosity Rover.

They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!

COLLEGES: TAKE VIRTUAL TOURS

Virtual college tours:
[Virtual College Tours](#)

Student Well Being

Student Well Being Staff (includes school counselors, school social workers and Concord Clinicians) will have the following schedule:

March 17-March 20: Regular office hours (contact your building assigned staff)

March 23-27 SPRING BREAK

If students need non-emergency assistance related to social and emotional needs during this spring break week, there will be a general phone number monitored as often as possible (during business hours): ***Please call 614-797-7900.***

March 30- April 3: Regular office hours (contact your building assigned staff)

Student Well Being Contacts/Staff: <https://www.wcsoh.org/Content2/41438>

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