

A Note From Your School Counselor

These are most definitely unsure times. While it is best we be cautious and worry, it is important that we all stay calm and make the proper decisions to stay safe! If you need anything, please know that I can be reached at ajechevarria@cps.edu. Be safe & Stay Healthy! <3 Ms. Echevarria

- ◆ **Stick to a daily routine:** Sticking to a daily routine will help keep the blues away!

Before 9am	Wake-up!	Eat breakfast and get dressed!
10-11am	Academic Time	Keep it a priority!
11-12p	Creative Time	Drawing, writing, crafting, baking, painting
12p	Lunch	
12:30p	Chore time	Wipe the kitchen table, pick a room to tidy, keep things clean!
1-2pm	Quiet time	Nap, reading, writing, puzzles
2-3:30pm	Academic Time	Yes, again! There is always something to do.
3:30-4:30	Fresh Air	Get outside and go for a walk, run, bike

◆ Limit Screen time, please!

- ⇒ Limit screen time to 1 hour per day if possible, unless school related
- ⇒ Be aware of age restrictions on games and phone applications such as snapchat, Instagram and tik tok.
- ⇒ Set a lights out time and collect phones & tablets!

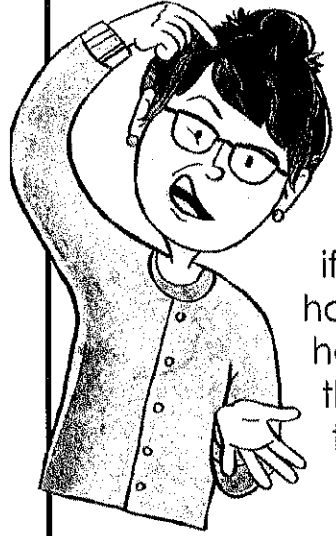
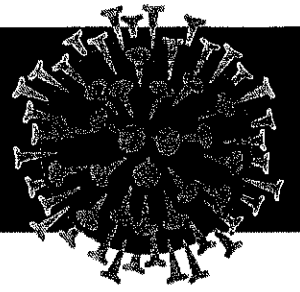
◆ Get Fresh Air Daily!

- ⇒ Stay away from malls, theaters, and overcrowded areas
- ⇒ Take time to run, walk and be outside for at least 1 hour per day.

◆ Model basic hygiene and healthy lifestyle practices for protection.

- ⇒ Encourage your child to practice every day good hygiene. Wash hands multiple times a day, cover mouths with a tissue when they sneeze or cough, do not share food or drinks.
- ⇒ Try to avoid touching your nose, mouth, eyes and whole face with unwashed hands
- ⇒ Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.

SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**

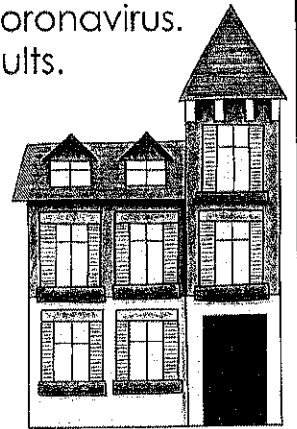


What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as *sick* as adults. But kids can still become infected with the virus.



Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



WHAT CAN I DO IF I'M FEELING worried?

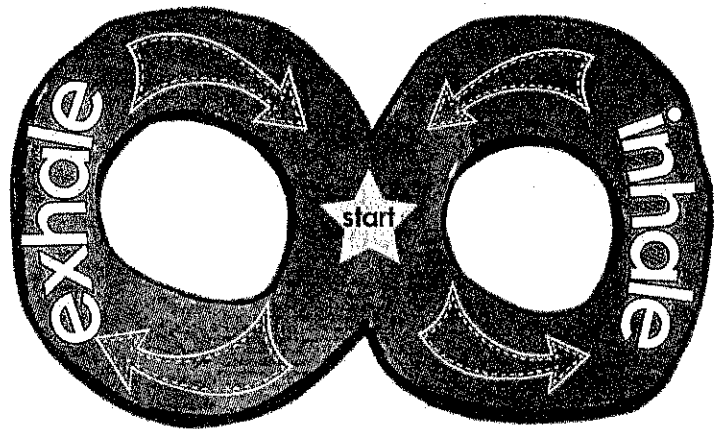
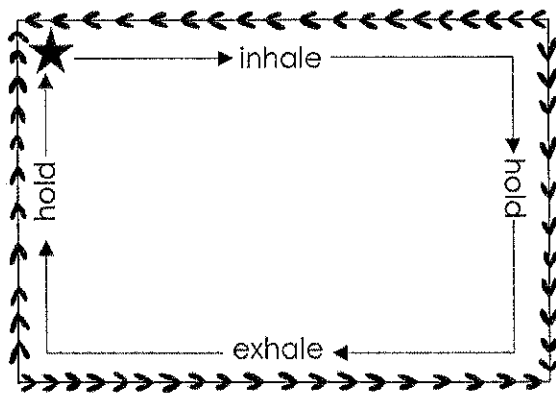


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!