



Week of March 13th, 2020!

This week marks the beginning of a new way of learning and being.
We will update resources and notes here regularly to help support you and your family.

The AISZ counsellors are available to connect with parents and students to help support with social, emotional and university planning needs. Meetings can be by ZOOM or Google meets and will be kept confidential.

Contact: andrea.diamant@aisz.hr (PreK-G5, G11-12) and laura.palmer@aisz.hr (G6-G10)

Notes from the Counselors

For this week...In times of uncertainty and change, turning to these three key things can help navigate the rough waters:

- ❖ **Communication:** Everyone will be experiencing strong and varied feelings. It's important to ask, listen, reflect and try to understand all of your own feelings and those of others.
- ❖ **Togetherness:** You may find that it feels like there is too much going on in a situation like this. That's OK! Separate work and schoolwork time from family fun time. How can you take the pressure off by doing some OFFline family things like: play a board game, cards, drawing, working in the garden, cooking together? You might find, conversely, that a bit of separation is something that is needed too! Try setting a time when everyone can agree to stop, rest and unwind ALONE - read, nap, draw for example.
- ❖ **Flexibility/Adaptability** In times of unease or change, routines can offer stability and consistency. Take some time to think and talk together about which routines can stay the way they are to offer that comfort needed by all.
 Be careful though, holding on to some old routines can cause more stress than comfort! Look for those routines that may need to shift or be replaced completely. What new routine might better match the situation in which you and your family find yourself?

Know your Resources - We are physically isolated at the moment, and worry and fear can add to those feelings of isolation and lack of control.
Inside: Draw on the strength gained from past challenges to help manage this one. Use these [24 Strengths](#) to remind yourself and those around you of all that you have inside already!
Around You: Find the one or two people that can answer questions, offer comfort and a listening ear. Go to them, share your feelings and ask for help. It's OK to reach out. We all need to remember to reach out.

Resources



[Managing Anxiety](#) in kids and in [OURSELVES](#)



Helping Kids [Study](#) and be [organized](#) at [home](#).



[Talking](#) about Covid-19 With [younger](#) children - from [UNICEF](#) and [NPR](#)



[Living](#) and coping [together](#) in isolation - [113](#) Activities!

Greater Good Centre (UCBerkeley) Happiness Calendar - [MARCH](#)