

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

## Notes from the Counselors

We have been in “virtual learning” mode for several weeks now. At this point some of you may have found a steady rhythm/routine, while others of you may be feeling that as the weeks go on everything is becoming even more difficult. Still others of you may feel both of these things at the same time. We want you to know you’re not alone! Much like airplane safety videos that tell you to put on your own oxygen mask first, we are suggesting that as parents you look for opportunities to build in self care *for yourself*. This will help you - and also ensure that you’re in a better headspace to support your children as we all navigate this new way of life.

For this week.. Focus on balance. Perhaps some of you are still trying to work from home. Your son/daughter still has school work to do and tasks to complete. Yes, they may be on their computer for a good portion of their day. However, in the midst of all of this, we all have to give ourselves grace and realize that this is a high-stress time for the whole world. In times like these it is essential to make a conscious effort to balance our time and incorporate things that we know are good for our mental and physical health: fresh air, movement/exercise, connection with other people, mindfulness strategies (check out [Stop, Breathe, Think](#) and [CALM app!](#)), music, a warm bath, a good sleep, etc.

Give the following simple grounding technique a try and share it with your son/daughter:



And try check out these **Stop, Breathe, Think** breathing and mindfulness exercises for young kids (and much more) here on [youtube](#).

## Resources

- Click [here](#) to access some free resources for families from Common Sense Media
- Free webinars for parents:



Please join FCD Prevention Works for an upcoming two-part webinar series

**Healthy Adults for Healthy Kids: Self-Care and Modeling in the Time of COVID-19**



As a prevention organization, FCD Prevention Works understands the power of global COVID-19 prevention efforts. We also recognize that, in the face of drastically altered schedules and daily routines, this can be a difficult time to maintain healthy habits, for adults and especially for teens.

Join FCD Prevention Works' Prevention Specialists as they discuss how your healthy adult behavior can continue to be a protective factor against risky teen choices in this upcoming webinar series.

**Webinar One: Adult Self-Care for Healthy Kids**

Topics will include:

- What is self-care?
- Self-care and substance use: myths and realities
- Adaptable self-care for the "new normal"
- Teaching age-appropriate self-care to kids that protects them from substance use
- How to start healthy habits now that will apply to healthy teens later

**Webinar Two: Healthy Adult Role Modeling for Healthy Kids**

Topics will include:

- How to model and encourage daily protective factors against teen substance use
- Resiliency tips that teens can apply now and later
- Making stress management a routine
- Teachable prevention moments within a family's new normal
- The power of authenticity and effective parent-child communication

We invite school adults to share this invitation with any parents or caretakers they think may benefit from these sessions.

**When**

**Webinar One: Adult Self-Care for Healthy Kids**

Thursday, April 16, 2020

2:00-3:00 pm EDT / 11:00 - 12:00 pm PDT

**Webinar Two: Healthy Adult Role Modeling for  
Healthy Kids**

**Thursday, April 23, 2020**

2:00-3:00 pm EDT / 11:00 - 12:00 pm PDT

**Info**

**Cost: Free!**

[\*\*View System Requirements\*\*](#)

**REGISTER**

**PLEASE FEEL FREE TO SHARE THIS  
INVITATION!**

[\*\*REGISTER HERE\*\*](#)

**\*\*Please note, we have not utilized this Prevention Source Webinar site before and as such we are unable to vouch for the webinar itself. However, this is a free resource that was shared with us that we wanted to pass along in case it might be of interest to you.**

## 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.**

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### 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](#)
