



Greetings from the MS447 Counseling Team:

Hello students,

As you know, we are moving to a remote learning based model, given the recent school closures due to COVID-19. We put together this resource for you as a support and guide to help you and your families during this time. We are sending you all the love and support we can, and while we know it won't be easy for you, we are here for you. Please reach out via email as needed! You can reach us here:

6th Grade: Lisa Bell-Lemm, LCSW lbell@ms447.org

7th Grade: Stacey Billups sbillups@ms447.org

8th Grade: Star Corvinelli scorvinelli@ms447.org

*You can expect responses between **8:15am-3:30 pm, Monday-Friday.**

Hang in there, and remember we are here for you!

Take Care of yourself!

Self Care is crucial during these difficult times. You might feel down and isolated. Please take care of yourself. Following are websites with great tools for self care:

- [**Body Scan for Kids**](#)
- [**Guided Breathing**](#)
- [**Mindful Breathing**](#)
- [**Mindful Breathing Stress Relief**](#)
- [**Calm**](#)
- [**Humble Warriors You Tube Channel**](#)



Tips for Managing Stress

(courtesy of A. Samel)

Changing your routine and spending your time in one place can be stressful for anyone.

This is an opportunity for all of us to develop healthy coping skills that will last us through these weeks and beyond. If you find yourself overwhelmed, try some of the strategies below. Try each a few times, rating your stress level from 1-5 before and after using the strategy. Then check off the ones that work well for you.

<p>Processing Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Write in a journal. <input type="checkbox"/> Write a song or poem. <input type="checkbox"/> Draw. <input type="checkbox"/> Talk to a friend or trusted adult. <input type="checkbox"/> Rate the intensity of your feelings. <input type="checkbox"/> Make a playlist. <input type="checkbox"/> Write a letter to someone. <input type="checkbox"/> Write your worries on slips of paper and put them in a box. 	<p>Relaxation Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breathe in for 4, hold for 4, out for 4, hold out for 4. <input type="checkbox"/> Hold your hand to your heart and feel it slow down. <input type="checkbox"/> Name 3 things you can see, 2 things you can hear, and 1 thing you can feel. <input type="checkbox"/> Imagine your favorite place. <input type="checkbox"/> Take a shower or bath. <input type="checkbox"/> Repeat a positive statement about yourself three times.
<p>Distraction Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call a friend for a distraction. Ask how they're doing. <input type="checkbox"/> Do a crossword or word search. <input type="checkbox"/> Play with a pet or sibling. <input type="checkbox"/> Make up a game. <input type="checkbox"/> Sort/organize something. <input type="checkbox"/> Read a good book. <input type="checkbox"/> Write a creative story. <input type="checkbox"/> Make a list of your favorite things. <input type="checkbox"/> If it's safe, cook or bake something. <input type="checkbox"/> Do a crafting project. 	<p>Physical/Sensory Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Squeeze something squishy. <input type="checkbox"/> Touch a soft surface, like a fuzzy blanket. <input type="checkbox"/> Look at a calming image or video, like <u>this one</u>. <input type="checkbox"/> Run water over your hands. Focus on the sensations you feel. <input type="checkbox"/> Tense and relax your muscles, one by one. <input type="checkbox"/> Stretch. <input type="checkbox"/> Do jumping jacks, push ups, or any exercise you can do at home.

Counseling

What support can I expect since I am not in school?

At this time, we are waiting for direction on how to proceed. However, here is the plan in case you need support for NON-EMERGENCIES:

-Reach out via email to

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7th Grade: Stacey Billups sbillups@ms447.org

8th Grade: Star Corvinelli scorvinelli@ms447.org

-Please be patient and don't expect a response immediately - we will email you back during the work day, I promise!

What if I am feeling really down, in crisis, or in an emergency?

We recognize that this time may bring up really strong feelings, especially as we navigate not having regular sessions to talk through everything that has been going on. Please use the following resources for more severe or intense feelings:

1. **Crisis Text Line:** Text HOME to 741-741 to be connected to a counselor
2. **NYC Well:** Call 1-888-692-9355, text "WELL" to 65173, or chat with a counselor at [this link](#).
3. **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or chat with a counselor at [this link](#).
4. **The Trevor Project:** Call 1-866-488-7386 or chat/text with a counselor at [this link](#).
5. **911: IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER, CALL 911**



School Work

- Check your school emails daily for updates
- Reach out to your teachers with any questions, etc about your assigned work
- Do your best to complete all work assigned. :)

Tips for Remote Learning:

(courtesy of A. Samel)

While we must all stay home for the next few weeks, modern technology allows us to continue our learning during this time, so that we can earn credit and stay on track! These tips can help you make the most of your time while learning from home.



1. Keep a consistent sleep schedule. Going to sleep and waking up at the same time each day helps you get enough high-quality sleep. Get 7-9 hours per night to enhance your physical health, immunity, and mental health.

2. Keep a consistent work and break schedule. This keeps you focused and stops your work from intruding on free time. Make sure others in your household know this schedule so they can avoid distracting you while you work.

Some schedule options:

Work from the same place each day. Keep a workspace that is free of clutter to help you avoid distractions and stop your work from bleeding into your free time

Get dressed! Getting dressed signals that you're starting your work day. Get dressed when you're working, then change into comfortable clothes when you're done!

Find an accountability buddy. Check in with a friend at the beginning and end of each day. Hold each other accountable to finishing your assignments, help each other out when the work is difficult, and check in on how you're feeling each day.

(Virtually) talk to your friends. School is social, and social time is important for mental health. Keep in touch with friends through FaceTime or Google Hangouts so that you can still have some of the social time you would normally get at school level from 1-5 before and after using the strategy. Then check off the ones that work well for you.

Websites with activities to keep kids busy and great ideas of all kinds of learners:

<https://www.understood.org/>

<https://www.controlaltachieve.com/>

<http://www.breezyspecialed.com/>

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

<https://classroommagazines.scholastic.com/support/learnathome.html>

<https://www.skillshare.com/>

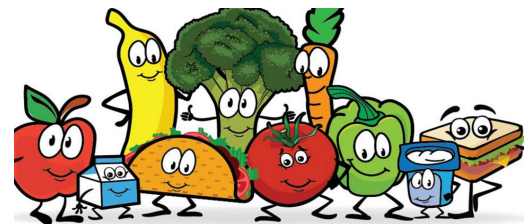
Internet Accessibility Resources:

- **SPECTRUM** is offering FREE internet to students who do not have access.
 - CALL 1-844-488-8398 to access this resource.
- **OPTIMUM** is also offering FREE internet to new customers for 60 days.
 - CALL 1-866-200-9522 to access this offer.



Food Security Resources:

- A **"GRAB AND GO"** breakfast and lunch will be provided **DAILY** from the main entrance at: 345 Dean Street
- **SCHOOL FOOD:**
 - School Food will provide grab and go meals beginning Monday, March 16th from 7:30am-1:30pm at all NYC school sites.
 - Families and students may go to the closest site regardless of which school they are currently attending to pick up one day's worth of meals.
 - This link is the DOE School Finder search feature:
<https://www.nycenet.edu/schoolsearch>
- See the following guides for food pantries and free meals in NYC:
 - [Hunger Free America's Guide to Brooklyn/English](#)
 - [Hunger Free America's Guide to Brooklyn/Spanish](#)
 - [Hunger Free America's Guide to Brooklyn/Chinese](#)



Food Services

Hand Washing Tips:

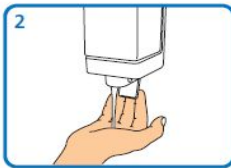
Bored of the same old "Happy birthday" or "ABCs" while washing?

Check out [THIS LINK](#) to create your own hand washing poster, to the songs you like!

Hand-washing technique with soap and water



1
It might seem crazy what
I'm 'bout to say



2
Sunshine she's here, you
can take a break



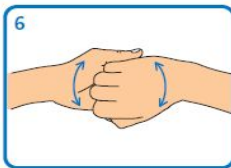
3
I'm a hot air balloon that
could go to space



4
With the air, like I don't
care, baby, by the way



5
(Because I'm happy)



6
Clap along if you feel like
a room without a roof



7
(Because I'm happy)



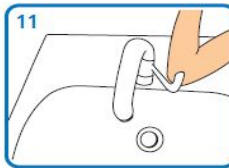
8
Clap along if you feel like
happiness is the truth



9
(Because I'm happy)



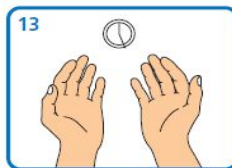
10
Clap along if you know
what happiness is to you



11
(Because I'm happy)



12
Clap along if you feel like
that's what you wanna do



13
Here come bad news,
talking this and that
(Yeah!)

Create your own
<https://washyourlyrics.com>

Happy
Pharrell Williams

A Message from the CDC:

Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

COVID-19

Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS
Wash your hands with soap and warm water regularly.



+ COVER A COUGH OR SNEEZE
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



+ DON'T TOUCH
Avoid touching eyes, nose or mouth, especially with unwashed hands.



+ KEEP YOUR DISTANCE
Avoid close contact with people who are sick.



+ STAY HOME
If you experience respiratory symptoms like a cough or fever, stay home.



+ GET HELP
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

