

General Information:

We are in uncertain times right now which can be unsettling. There are many on-line resources available. Please use this section to find links to provide support. If you have any concerns or questions, please feel free to contact me at the school.

Feeling stressed or anxious?

Meditation/mindfulness can really help. If you have the ability to download apps an excellent one is call **Insight Timer**. This app has of 30,000 free guided meditations for anxiety, trouble sleeping, and calming music.

There are quite a few guided meditations on YouTube also if you use it often

<https://www.youtube.com/watch?v=TRgVlslcSeo>



Quick Ways to Calm Down

Sometimes you'll need a quick way to calm down. These tips will come in handy at those times:

- Imagine your favorite place - it's like taking a mini vacation wherever you are
- Think of your favorite things
- Name animals alphabetically (alligator, bear, cow, dog, etc...)

- Squeeze Something (play dough, clay, silly putty, your fists, a [stress ball](#))
- Get a Cold Drink of Water
- Try this:
- Watch funny animal videos <https://www.youtube.com/watch?v=cb3a4c-FILc>
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COPING SKILL SPOTLIGHT: 5, 4, 3, 2, 1 GROUNDING TECHNIQUE

HOW TO DO IT:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.

Remember if you are having a tough time you need to talk to someone **Kids Help Phone is available: 1-800-668-6868**

Come back and check out this link I will continue to update each week