



ALVORD Elementary School Counseling Online Resource Page

For Parents and Students

<u>Category</u>	<u>Resource link</u>	<u>Information</u>	<u>Parents</u>	<u>Students</u>
Talking to your children about the Corona Virus (COVID-19)	Boys town Tips Counselor tips	Kids worry when we worry. Utilize these websites to identify talking tips with your children and stay calm.	X	
Keeping a daily schedule	Daily schedule sample	Use this to help you and your child create a daily home school schedule.	X	X
Morning reflections	Morning Starter questions	It may be difficult to get into a new change of school at home, this will help you start the day.	X	X
Brain breaks	In home brain breaks	These quick breaks will also give your children physical activity	X	
	Online breaks	Physical activity online		
Self-Calming techniques	3 relaxation techniques	This link will give you and your child specific steps to relax	X	X
	Soothing worries	Use this link to connect with other ideas to help soothe worries.		
Coping with High level of Anxiety	Dealing with Anxiety	This link will give parents great talking point and videos to help calm high levels of anxiety	X	X
Educational NETFLIX Shows	30 Great NETFLIX shows that are educational	A great list of Netflix that are educational by grade level.	X	X
End of the day reflections	Reflection Questions	End of the day wrap up. This will help your child feel like the day was valuable.	X	
Parenting tips	Parenting resources	Parents will be experiencing different challenges during these longer days with their children. These tips will be helpful	X	

Parents please utilize our district website to connect with other counseling support services during this time of school closures. Follow this link to the website. [ALVORD SCHOOL COUNSELING WEBSITE](#)