

Wallingford Swarthmore School District
School Counseling and Behavioral Health Resources for Students and Families to Access from Home
Updated 05/15/20

MENTAL HEALTH RESOURCES

PA Crisis Text Line Delaware County Crisis Connections Team	Connects Team (DCCCT) Phone: 855-889-7827 A mobile dispatch team that listens first to assess your needs. The team provides assessment, intervention, and referral. This service is available 24/7.	Text "PA" to 741741 Services available to Delaware County residents who may be at risk for emotional crisis.
Safe2Say - Safe2SayPa.org	Submit an anonymous tip if you have concerned about an imminent threat to someone's safety through the Safe2Say app, website, or toll free number	
Crozer-Keystone Behavioral Health	Community Behavioral health resources	
Delaware County Crisis Connections Team	Tips on managing stress and anxiety related to the COVID-19 pandemic. Statewide helpline for those struggling with anxiety due to coronavirus	
Get Help Now Hotline for Substance Use Disorders	1-800-662-4357	
https://www.pennlive.com/news/2020/04/pa-launches-statewide-helpline-for-those-struggling-with-anxiety-due-to-coronavirus.html	PA launches statewide helpline for those struggling with anxiety due to coronavirus	
PA 24HRCovid-19 https://www.covidmentalhealthsupport.org/	PA 24HRCovid-19 Helpline: 1-855-284-2494 TTY, dial 724-631-5600	The Pandemic Crisis Response Coalition has a new website to help people find mental and emotional services. It's a database that's searchable by state, type of support needed and other categories.

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<p>LIFE SUSTAINING RESOURCES</p>	<p>Dial 2-1-1 https://www.uwp.org/programs/2-1-1/</p>	<p>211 assists families in connecting to resources in their community. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, dial 211 or text the zip code to #898-211 to talk with a resource specialist for free. Specialists will listen to a family's needs and give them information on programs in their community that might be able to help.</p>
<p>GRADES K - 5</p>		
<p>Curriculum and Instruction</p>	<p>Sesame Street Conflict Resolution Kelso in Action Hands to Yourself Coping With the COVID-19 Crisis: The Importance of Care for Caregivers—Tips for Parents and Teachers</p> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;"><u>For K-2nd Grade</u></p> <p style="text-align: center;">https://ideas.classdojo.com/b/mindfulness</p> <p style="text-align: center;">User name: rschwam@wssd.org Password: guidance</p> </div>	<p style="text-align: center;">Various Social Emotional Learning Topics</p> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;"><u>For K-2nd Grade</u></p> <p style="text-align: center;">Go Noodle</p> <hr style="width: 100%;"/> <p style="text-align: center;">https://ideas.classdojo.com/b/mindfulness</p> <p style="text-align: center;">User name: rschwam@wssd.org Password: guidance</p> </div>

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GRADES K-5 (cont.)

Mindfulness/Stress Management	<p>Brainpop Jr User name: wssdwes Password: WES</p> <hr/> <p>Class Dojo User name: rschwam@wssd.org Password: guidance</p> <hr/> <p>Zen Den cosmic kids</p> <hr/> <p>Go Zen</p> <hr/> <p>Kidshealth</p> <hr/> <p>Headspace for Kids</p> <hr/> <p>Meditation for Kids</p>	<p>Videos to help practice mindfulness</p> <p>Yoga, meditation, mindfulness</p> <p>Stress relief</p> <p>Childhood Stress</p> <p>Guided meditations and mindfulness games designed to help kids calm themselves, focus, practice kindness, fall asleep, and wake up.</p>
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GRADES K-5 Parent Guides (cont.)

National Association of School Psychologists National Association of School Psychologists	Parent resource: Talking to your kids about COVID-19
https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic	Commonsense Media Resources for screen time and safety
Coping With the COVID-19 Crisis: The Importance of Care for Caregivers—Tips for Parents and Teachers	Tips for parents and teachers with homeschooling
https://www.nytimes.com/2020/04/21/parenting/coronavirus-home-schooling-children.html?campaign_id=168&emc=edit_NN_p_20200428&instance_id=17997&nl=morning-briefing&regi_id=113317531&section=topNews&segment_id=26118&te=1&user_id=bcdc7c8f203bf3af87632c0239bc933e	Tips for parents and teachers with homeschooling
https://www.mycentraloregon.com/2020/04/30/are-your-kids-missing-friends-5-tips-to-help-children-stay-socially-connected-even-while-apart/	5 times to children to stay socially connected even while apart

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GRADES K-5 Parent Guides (cont.)

<https://kidsforpeaceglobal.org/covid-19/>

Activities to do with your children to create peace

Child Mind Institute

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

How to support children through crisis

<https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html>

Helping your child cope with things being canceled

WORK SHEETS TO COMPLETE WITH PARENTS

Guidance Website Link

<https://www.wssd.org/cms/Workspace/Section/Section.aspx?DomainId=526>

1. Staying Calm and Relaxed
2. Working Through Stress by Recognizing Gratitude
Gratitude
3. *Growth Mindset*
4. *Sportsmanship*
5. *Worry Anxiety Mindfulness*
6. *Apologizing: The do's and don't of apologizing*
7. *Friendship and ideas for staying connected with friends*
8. *Kindness Week: Coming the week of May 18th*

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GRADES K – 5 Parent Guides (cont.)



Read Aloud Books:

1. [Have You Filled a Bucket?](#)
2. [Those Shoes](#)
3. [Do Unto Otters](#)
4. [The Good Egg](#)
5. [Kindness is Cooler Mrs. Ruler](#)
6. [Enemy Pie](#)
7. [The Recess Queen](#)
8. [The Girl Who Never Makes Mistakes](#)
9. [Stand Tall Molly Lou Mellon](#)
10. [Exclamation Mark!](#)



Movie Suggestions:

1. Inside Out
2. UP!
3. Wonder
4. Finding Dori
5. Zootopia
6. Shrek
7. Annie
8. A Bug's Life
9. Frozen
10. Minions



Family Games:

1. Hoot Owl Hoot
2. Spot It
3. Candyland
4. Uno
5. Apples to Apples
6. Connect Four
7. Guess Who
8. Race to the Treasure
9. Charades
10. Pictionary

GRADES 6 -8

Curriculum and Instruction

[Naviance](#)

[Kids Health - Breathing Basics](#)

[Growth Mindset Activities](#)

Practice logging into Naviance and explore the resources!

Relaxation Exercises: Breathing Basics

Growth Mindset Activities for Kids

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GRADES 6 – 8 (cont.)

Mindfulness/Stress Management

[Top School Stress Relievers](#) – Age appropriate stress relief

[Headspace Meditation for Kids](#) – Meditation app for kids

[Apps for phone- Happy Color, Colorfy](#) - Adult coloring book/Color by number

[Down Dog](#) – Yoga app free

[Calm.com](#) – Meditation and mindfulness app

Journaling

[Humble Warriors Yoga](#) - Yoga and Mindfulness led by a Garnet Valley School Counselor and Yoga Instructor

[99 Coping Skills](#) – Activities for mental health

[Lunch Doodles with Mo Willems](#) - Drawing/mindfulness

[Talk Space](#) - Tips for overcoming the stress of social isolation.

Parent Guides

[National Association of School Psychologists](#)

Parent resource: Talking to your kids about COVID-19

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PARENT GUIDES GRADE 6- 8 (cont.)

OTHER

- Read a good book- goodreads.com
- Do an art project or craft
- Facetime with a friend
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- Complete a puzzle or crossword puzzle
- Bake, cook, make a smoothie
- Board game, card game
- Journal
- Read a magazine
- Catch up on new movies- netflix.com (30 days free, make sure to cancel!)
Disneyplus.com (7 day free trial).

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GRADES 9 - 12

Curriculum and Instruction - Including Post-Secondary planning and Career and Work Standards

[Superbetter.com](#) Resilience building game/app

[Growth Mindset activities](#) Growth Mindset Journal prompts

[Naviance](#)

- * 10th grade - Complete Sophomore Survey
- * 10th-12th grade - Do What You Are assessment
- * 10th-12th grade - Review Action items in Strengths survey results
- * all grades - Watch RoadTrip Nation Interviews to learn about hundreds of Careers

[College Board/Khan Academy](#) Customized SAT prep

[College Info Geek Podcast](#) Great info about being a good student, being prepared for post-secondary life, and just general advice for transitioning to adulthood

[The Jordan Harbinger Show podcast](#) “The Jordan Harbinger Show interviews top performers across a wide variety of fields and deconstructs what makes them so successful...”

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GRADES 9 – 12 (cont.)

Mindfulness/Stress Management

<p>Calm.com Headspace.com</p> <p>Journaling</p> <p>Humble Warriors Yoga</p> <p>Lunch Doodles with Mo Willems</p> <p>Talk Space</p> <p>School Stress Relievers</p> <p>Apps for phone- Happy Color, Colorfy</p> <p>Down Dog</p>	<p>Meditation and mindfulness app</p> <p>Meditation app</p> <p>Yoga and Mindfulness led by a Garnet Valley School Counselor and Yoga Instructor</p> <p>drawing/mindfulness</p> <p>Tips for overcoming the stress of social isolation.</p> <p>Adult coloring book/Color by number</p> <p>Yoga app, free</p>			
<table border="1" style="margin: auto;"> <tr> <td data-bbox="264 1045 489 1102">Parent Guides</td> <td data-bbox="489 1045 1108 1102">National Association of School Psychologists</td> <td data-bbox="1108 1045 1831 1102">Parent resource: Talking to your kids about COVID-19</td> </tr> </table>		Parent Guides	National Association of School Psychologists	Parent resource: Talking to your kids about COVID-19
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<p>Other</p>	<p>Ted Talks</p> <p>Recorded presentations by experts in a wide range of fields. Recommended topics: Personal Growth, Identity, Communication</p>			
<p>workoutinc Nike</p>	<p>Free online workouts</p>			