

What you will find here:

COPING STRATEGIES TO USE AT HOME TO HELP OUT DURING THIS TIME.



**RYLIE'S CORNER
LAUGHTER IS THE BEST MEDICINE**

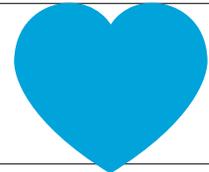


SELF CARE FOR PEOPLE WHO DON'T HAVE TIME FOR SELF CARE



HELPING CHILDREN COPE WITH CHANGES RESULTING FROM COVID-19

ALOHA HALE'IWA



Our purpose

These are unprecedented times. We are living in a time where we are doing things that we never thought possible. We hope this newsletter provides you with strategies that make the month go by a little faster. Let's work together and learn something new. We miss everybody! Please be safe!

Rylie's Corner

This week: Riddles with Rylie taken from: <https://www.loveyourdog.com/riddles/>



"Laughter is the best medicine"

1. What do you get if you cross a yellow phone with a dog?
2. Why was the dog sweating?
3. What kind of dog is always on time?
4. What do a tree and a dog have in common?
5. What's your canine friend's favorite dessert?
6. What dog breed will chase after anything that is colored red?
7. When you go shopping with your dog, which kind of bazaar should you always avoid?
8. What did the Dalmatian say when he finished his meal?
9. What's the quietest breed of dog?
10. What instrument can all dogs play?

Answers on last page

SO YOU'VE GOT QUESTIONS ABOUT Coronavirus



What is Coronavirus?
Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!



I'm a kid. Doesn't that mean I can't get Coronavirus?
No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



Why are we staying home from school?
All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



If your child is showing signs of mental health concerns, please reach out to the counseling support staff. We are here to help!

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Self-Care For People Who “Don’t Have Time for Self-Care”

Courtesy of Nicole Schwarz, MA, LMFT

Parents and Guardians: These are helpful ways in which you can squeeze in a few precious moments for yourself, because taking care of yourself is just as important as taking care of others!

You have learned to live in chaos. You've become comfortable with feeling exhausted and being overworked. While you like the idea of taking time for yourself, there just aren't enough hours in the day. Whatever your excuse, you're never too busy for self-care. It may feel overwhelming to start something new or add something to your schedule, but self-care does not need to be time consuming. In fact, learning to squeeze self-care into your life may actually lead to less stress, more patience, and a clearer focus. Sound good?

Self-Care in Just Seconds

- **Breathe:** Stop what you're doing and take a deep breath. Do not underestimate the power of a deep breath. These precious seconds may be the difference between losing your cool and responding calmly; between feeling overwhelmed and staying focused.
- **Think About What You're Eating:** As you take a bite of your sandwich, take a second to focus on the different flavors and textures. Or, instead of eating a handful of M&M's at once, put one in your mouth and chew it slowly.
- **Give Technology a Time-Out:** Set a timer for 30 seconds. Turn off all technology and just sit in silence. This might be difficult at first and that's ok, add time as you feel comfortable.
- **Take a Look Around:** Focus your eyes on something around you - it could be a painting, a cloudy sky, one of your kids, something that brings you a little joy. See how many details you can observe: shading, colors, shapes, lines.
- **Stretch:** Raise your arms straight above your head, and then bring them out to your sides. Gently roll your head from the left to the right. Shrug your shoulders, and then roll them to the front and back a few times.
- **Close Your Eyes:** You may not be able to actually take a break from your surroundings, but you can mentally escape by closing your eyes for a few seconds. Allow your brain to take a little "mini-vacation" by thinking about a calming scene or destination.
- **Be Thankful:** Change your focus to the positive by being grateful for something in this moment...the ability to see, hear, taste, and breathe!
- **Start by doing one self-care activity today.** Tomorrow, try to fit in a few self-care activities throughout your day. With time, your body may begin to crave self-care.

Coping Strategies by Ms. Yonting

Please click on the links



Relaxation Techniques

- [Belly breathing](#) (taking deep breathes, meditating)
- [Calm Down Breathing Exercises](#)
- [Relaxation Music](#)

Close your eyes and go to your happy place!



Exercise

- [Kids Workout Beginners](#)
- [Yoga for Kids!](#)
- [Family Fun Cardio Workout](#)

Dance

[Kidz Bop Dancing Playlist 2020](#)



Once you begin to incorporate self-care activities into your life, you begin to realize how good it feels. You may find yourself naturally taking a deep breath or chewing food more mindfully. After a while, taking 5 minutes (or more!) for self-care won't seem so overwhelming. In fact, you may find that you've spent 5 minutes on self-care already today!

Helping Children Cope with Changes Resulting from COVID-19

Adapted from National Association of School Psychologist, March 25, 2020 post.

This is a very confusing, scary, exciting, mind-numbing time for all of us. The changes from the current COVID-19 pandemic will impact us all in one way or another. Our children are not immune to this impact. As adults, it is very important to remember that our children look to us for guidance on how to react to stressful events. Keeping a strong front is admittedly not easy and it is OK to acknowledge some level of concern. It is also a key time in our children's lives to help them learn resiliency in the form of positive coping skills to overcome stress and anxiety and to adjust to this "new normal". Here are some tips that can help us model for our children problem-solving, flexibility, and compassion.

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STAY CALM, LISTEN, AND OFFER REASSURANCE

- **Be a role model.** Children will react to and follow your reactions.
- **Be aware of how you talk about COVID-19.** If true, remind your child that your family is healthy, and you are going to do everything within your power to keep loved ones safe and well. Carefully listen or have them draw or write out their thoughts and feelings and respond with truth and reassurance.
- **Explain social distancing.** Children probably don't fully understand why parents/guardians aren't allowing them to be with friends. Tell your child that your family is following the guidelines of the health experts which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Showing older children the "flatten the curve" charts will help them grasp the significance of social distancing. Explain that while we don't know how long it will take to "flatten the curve" to reduce the number of those infected, we do know that this is a critical time—we must follow the guidelines of health experts to do our part.
- **Demonstrate deep belly breathing.** Deep belly breathing is a valuable tool for calming the nervous system and is also part of your child's SEL Curriculum at Haleiwa Elementary.
- **Focus on the positive.** Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects. Organize belongings, create masterpieces. Sing, laugh, and go outside to connect with nature and get needed exercise.

- **Establish and maintain a daily routine.** Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.
- **Offer lots of love and affection.**

MONITOR TELEVISION VIEWING AND SOCIAL MEDIA

- **Monitor viewing.** Parents/guardians should monitor television, internet, and social media viewing—both for themselves and their children. Watching continual updates on COVID-19 may increase fear and anxiety. Developmentally inappropriate information, or information designed for adults, can also cause anxiety or confusion, particularly in young children.
- **Dispel rumors.** Dispel rumors and inaccurate information. Explain to your child that many stories about COVID-19 on the internet may include rumors and inaccurate information.
- **Make screen time purposeful.** To the most extent possible, keep screen time limited and purposeful. Provide alternatives to screen time. Engage your child in games or other exciting activities instead.

TAKE TIME TO TALK

• **Let your children's questions guide you.** Answer their questions truthfully, but don't offer unnecessary details or facts. Don't avoid giving them the information that experts indicate as crucial to your children's well-being. Often, children and youth do not talk about their concerns because they are confused or don't want to worry loved ones. Younger children absorb scary information in waves. They ask questions, listen, play, and then repeat the cycle. Children always feel empowered if they can control some aspects of their life. A sense of control reduces fear.

BE HONEST AND ACCURATE

- **Correct misinformation.** Children often imagine situations worse than reality; therefore, offering developmentally appropriate facts can reduce fears.
- **Explain simple safety steps.** Tell your child this disease spreads between people who are in close contact with one another, when an infected person coughs or sneezes, or when one touches infected objects or surfaces.
- **Stay up-to-date on the facts.** Go to <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for additional factual information.

KEEP EXPLANATIONS AGE-APPROPRIATE

• **Early elementary school children.** Provide brief, simple information that balances COVID-19 facts with appropriate reassurances that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people make every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."

- **Upper elementary and early middle school children.** This age group often is more vocal in asking questions about whether they indeed are safe and what will happen if COVID-19 spreads in their area. They may need assistance separating reality from rumor and fantasy. Discuss the efforts national, state, and community leaders are doing to prevent germs from spreading.
- **Upper middle and high school students.** Issues can be discussed in more depth. Refer them to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Engage them in decision-making about family plans, scheduling, and helping with chores at home.

BE AWARE OF YOUR CHILDREN'S MENTAL HEALTH

- Most children will manage well with the support of parents and other family members, even if showing signs of some anxiety or concerns, such as difficulty sleeping or concentrating. Some children, however, may have risk factors for more intense reactions, including severe anxiety and/or depression. Risk factors can include a pre-existing mental health problem, prior traumatic experiences or abuse, family instability, or the loss of a loved one. Parents and caregivers should contact a professional if children exhibit significant changes in behavior or any of the following symptoms for more than 2 weeks.

Preschoolers—thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior, and withdrawal.

Elementary school children—irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, and withdrawal from activities and friends.

Adolescents—sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, and poor concentration.

ADDITIONAL RESOURCES

- Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>

ANSWERS TO RIDDLES WITH RYLIE:

1. Golden Receiver, 2. He was a Hotdog, 3. A Watchdog, 4. Lots of Bark, 5. Pupcakes, 6. A. Bulldog, 7. A flea market, 8. "That sure hit the spots" 9. A Hush Puppy, 10. A Trombone

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Social Emotional Activity Choice Board

TRY FOR 3 IN A ROW EACH DAY!

Set a goal that you want to accomplish today. Keep track of it all day, and celebrate when you reach it! <small>SELF MANAGEMENT</small>	Make a list of your responsibilities for today. Check them off as you complete them! <small>RESPONSIBLE DECISION-MAKING</small>	Tell someone at home about something you're really good at doing. Then, tell them about something you want to get better at doing. <small>SELF AWARENESS</small>
Talk with someone at home about a strategy you can use to deal with angry feelings. Practice it together! <small>SELF MANAGEMENT</small>	<small>COUNSELOR Heri</small> As you watch a movie or show together, talk about how one of the characters is feeling. What would it be like to be in their position? <small>SOCIAL AWARENESS</small>	With someone at home, talk about 2 ways you can be a responsible community member. <small>RESPONSIBLE DECISION-MAKING</small>
As you read a book together, predict some consequences of a character's actions or choices. <small>RESPONSIBLE DECISION-MAKING</small>	Make a list of 3 ways you can connect with friends and family even when you aren't seeing them in person! <small>RELATIONSHIP SKILLS</small>	As you read a book together, tell a family member how you think one of the characters is feeling. Then, share a time when you felt that way too. <small>SELF AWARENESS</small>

Mahalo for reading!

Mahalo to our contributors: Ms. Yonting, Mrs. Dolan, Mrs. Menor, Mr. Myers, Dr. McDonald, Mrs. Nakamura, Mrs. Mikasa, and Ms. Santos