## **Welcome parents and students! I am honored to serve as your School Counselor. My goal is to help all the students not only transition to home centered learning during the school dismissal, but to make it as pleasant as possible...gosh - maybe even a little fun! Check out the awesome Community and Social-Emotional Learning resources below. Feel free to reach out to me via email during this school closure time. Please be patient as I will try to get back to you in a timely manner. If you need additional support, we can set up a time to communicate via Zoom. We're all in this together, and TOGETHER we are STRONG!**

## **Sincerely,**

## **Mrs. Danko, MS, NCC**

## **Email:** [abby.danko@k12.sd.us](mailto:abby.danko@k12.sd.us)

**Quick Links:**

[211 South Dakota](https://www.helplinecenter.org/2-1-1-community-resources/)

[Minnehaha County Resource Listing](https://www.helplinecenter.org/2-1-1-community-resources/search/guided-search/)

* housing, transportation, medical, employment, education, legal, etc.

[Sioux Falls Mental Health Guide](https://www.helplinecenter.org/2-1-1-community-resources/resource-guides/sioux-falls-mental-health-guide/)

* counseling services, support groups, substance use prevention/treatment, crisis and suicide resources, telehealth counseling, psychiatry services, financial assistance for services, etc.

[Coronavirus Updates(COVID-19)](https://www.helplinecenter.org/2-1-1-community-resources/helpsheets/coronavirus-update/)

* cancellations/closures, program restrictions, food/basic needs information and availability

**\*If you are in an emergency situation, call 911.\***

**Resources for Talking to Kids About Coronavirus:**

**Baltic School District Update About COVID-19**

(Here we could place a link to our school district’s daily updates on COVID-19, if we create one)

**PBS Kids: How to Talk to Your Kids About Coronavirus**

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook>

**Just for Kids: A Comic Exploring the New Coronavirus from NPR**

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

**Brain Pop Video About the Coronavirus**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

**ASCA Coronavirus Resources**

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

**Talking to Children About COVID-19 (Coronavirus): A Parent Resource**

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM>

**How to Talk to Kids About the Coronavirus**

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

**The Yucky Bug by Julia Cook**

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

**Social-Emotional Learning Resources**

**Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

**Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

**Ultimate Guide to Mental Health and Education Resources for Kids and Teens**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

**Help Your Family De-Stress During Coronavirus Uncertainty**

<https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

**Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com/meditate>

**Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

**Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

**Mindfulness Websites/Activities**

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

**Giant List of Ideas for Being Home with Kids**

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

**Character Lessons During the Virus School Closure**

<https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZiIyk-M>

**Supporting your Children’s Social, Emotional, and Mental Health During the COVID-19 Pandemic**

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgI5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSecpAZfW2e2AcOYt3Kk>

**Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

**Kindness Videos**

<https://www.randomactsofkindness.org/kindness-videos>

**Additional Counseling Links**

**Mindfulness:**

[Brain Pop](https://www.brainpop.com/health/personalhealth/mindfulness/)

[Reasons To Teach Mindfulness](https://confidentcounselors.com/2019/02/20/5-amazing-reasons-you-should-be-teaching-mindfulness/)

[Mindfulness and SEL](https://www.youtube.com/watch?v=wSq3t1LyX4E&list=PLqQWDBkiNdUngXbKSnjazCbz-m4kkcE15&index=16&t=0s) Webinar

[NearPod K-2](https://nearpod.com/s/general/kindergarten/sel-mindfulness-superpower-k2-L40966734)

[NearPod Mindfulness Superpower K-2](https://nearpod.com/s/life-skills/kindergarten/mindfulness-superpower-L37644200)

[NearPod Lets Breathe 3-5](https://nearpod.com/s/life-skills/3rd-grade/lets-breathe-out-L37645830)

[Kids Explain Mindfulness Video](https://youtu.be/awo8jUxIm0c)

[Mind The Bump Video](https://youtu.be/aNCB1MZDgQA)

[Mindfulness and the brain- presentation by Kelly Thompson, School Psychologist](https://drive.google.com/file/d/16ZOvxqUuqPKbWQK1JtUgVsCT-FPsB-f0/view?usp=sharing)

[25 Fun Activities For Kids](https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/)

[Class Dojo](https://ideas.classdojo.com/b/mindfulness)

[Book Resources](https://pawsitiveschoolcounselor.wordpress.com/2018/06/15/mindfulness/)

[Head Space](https://www.headspace.com/meditation/kids)

[Kids Health Mindfulness](https://kidshealth.org/en/kids/mindfulness.html?WT.ac=ctg)

[Spotify Playlist 1](https://open.spotify.com/album/5qbHO536joueVXbYjNArYQ)

[Relax Your Mind Spotify Playlist](https://open.spotify.com/playlist/4ePkDoaIzU40IA06jFspek)

[Generation Wellness App](https://www.generationwellness.app/)

[Mind Yeti](https://www.mindyeti.com/v2/s/)

[Coping Skills For Kids](https://copingskillsforkids.com/)

[Mindfulness A Parents Guide](https://parentinfo.org/article/mindfulness-in-schools-a-parents-guide)

[How and Why To Teach Your Kids Mindfulness](https://www.parents.com/health/healthy-happy-kids/why-and-how-to-teach-kids-mindfulness/)

[Video of my favorite mindfulness techniques- 17:45 seconds](https://youtu.be/I_XNl5UTX84)

[How To Make Slime](https://www.thirtyhandmadedays.com/slime-kit/)

[Wisconsin's Jonathan Taylor finds his edge through yoga | College GameDay](https://www.youtube.com/watch?v=9cTt24id0-8)

**Character Education:**

[Character Counts](https://charactercounts.org/)

[5 Ways To Build Character](https://www.parents.com/featured/JIF5KeyWaystoHelpYourChildBuildCharacter2017)

[6 Tips for Teaching Respect](https://www.parentingforbrain.com/6-controversial-tips-teaching-kids-respect/)

[100 Activities To Build Character](http://www.momentsaday.com/100-kids-activities-to-build-character/)

**Family Resources:**

[Types of Families](https://www.healthychildren.org/English/family-life/family-dynamics/types-of-families/Pages/default.aspx)

[Teaching Tolerance](https://www.tolerance.org/)

[Helping Your Child Through A Divorce](https://kidshealth.org/en/parents/help-child-divorce.html)

[Divorce Guidelines for Parents](https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/divorce-and-children)

[Impact of Divorce on Young Children](https://www.psychologytoday.com/us/blog/surviving-your-childs-adolescence/201112/the-impact-divorce-young-children-and-adolescents)

[Autism Speaks](https://www.autismspeaks.org/)

[ADHD- Attitude Magazine](https://www.additudemag.com/category/parenting-adhd-kids/?utm_source=eletter&utm_medium=email&utm_campaign=parent_april_2019&utm_content=040619&goal=0_d9446392d6-b8b5d68f8b-293255353)

**Friendship & Social Skills:**

[How Children Make Friends](https://www.psychologytoday.com/us/blog/growing-friendships/201209/how-children-make-friends-part-1)

[Choosing Friends](https://www.positivediscipline.com/articles/choosing-friends)

Making Friends [NearPod- K-2](https://nearpod.com/s/general/kindergarten/making-friends-L38638965)

**Grief Resources:**

[KIDSHEALTH.ORG](http://kidshealth.org/en/parents/death.html)

[GRIEFSPEAKS.COM](http://www.griefspeaks.com/id5.html)

[PBS](http://www.pbs.org/parents/whenfamiliesgrieve/resources.html)

[Helping Students With ASD Grieve](https://www.autismspeaks.org/grief-and-bereavement-resources)

**Social Emotional Learning:**

[Online Learning SEL Packet](https://drive.google.com/file/d/1qahKr5Hp73KDLBasNTGzIlZ4nqCDSxAa/view?usp=sharing)

[Centervention Social Emotional Learning Activities](https://www.centervention.com/social-emotional-learning-activities/)

[30 Things You Can Do For Your Emotional Health](https://drive.google.com/file/d/1-iaUdlabaCfvzjdRpKCW_mYDcs1IgJi3/view)

**Growth Mindset & Perseverance:**

[Teaching Kids Perseverance](https://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/)

[Growth Mindset- You Tube](https://www.youtube.com/watch?v=M1CHPnZfFmU)

[Your Child's Self Esteem](https://kidshealth.org/en/parents/self-esteem.html)

[Mindset Works](https://www.mindsetworks.com/parents/)

[Encouraging A Growth Mindset](https://www.kiddiematters.com/6-tips-for-creating-a-growth-mindset-home-environment/)

**Helping Students Academically:**

[Study Skills](https://www.educationcorner.com/test-taking-strategies.html)

[Learning Styles](https://www.time4learning.com/learning-styles.shtml)

[Teaching Kids To Set Goals](https://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/)

**General & Online Safety:**

[Common Sense Media](http://www.commonsensemedia.org/)

[Parents Guide to YouTube](https://www.commonsensemedia.org/blog/a-parents-ultimate-guide-to-youtube)

[Guidelines for Cell Phone and Technology Use](https://www.thirtyhandmadedays.com/guidelines-for-technology-with-kids/)

[​](https://www.thirtyhandmadedays.com/guidelines-for-technology-with-kids/)[Safe Kids](https://www.safekids.org/coalition/safe-kids-greater-knox-area)

[Erin's Law](http://www.erinslaw.org/for-parents/)

[Leaving Kids Home Alone](https://www.thirtyhandmadedays.com/guidelines-for-leaving-kids-home-alone-with-printable/)

[Guidelines for Cell Phone and Technology Use](https://www.thirtyhandmadedays.com/guidelines-for-technology-with-kids/)

[Healthy Children](https://www.healthychildren.org/english/safety-prevention/Pages/default.aspx)

[KidzSmartz](https://www.kidsmartz.org/Videos)

[Protect Yourself grades 4-6 on Youtube](https://www.youtube.com/watch?v=RteEiMNIdYo)

[Fight Child Abuse](https://fightchildabuse.org/)

**Behavior Resources:**

[Love and Logic](https://www.loveandlogic.com/)

[Teaching Self Control](https://www.parentingscience.com/teaching-self-control.html)

[123 Magic](https://www.123magic.com/)

[When Children Lie, Cheat and Steal](https://www.realsimple.com/work-life/family/kids-parenting/why-do-children-lie)

[When Children Lie](https://www.psychologytoday.com/us/blog/media-spotlight/201702/when-children-lie)

[ADHD and Lying](https://www.additudemag.com/adhd-and-lying-advice-for-parents/)

[My Child Is Stealing](https://kidshealth.org/en/parents/shoplifting.html)

[Creating Routines](https://www.thirtyhandmadedays.com/visual-reminders-for-kids-daily-routines/)

**Anger Management:**

[Managing Anger](https://copingskillsforkids.com/managing-anger)

[Anger Management Strategies That Work](https://www.psychologytoday.com/us/blog/growing-friendships/201806/children-s-anger-management-strategies-work)

[Sesame Street Name That Feeling YouTube Video](https://www.youtube.com/watch?v=ZxfJicfyCdg)

[CASEL Vanderbilt's Guide To Teaching Kids Feelings](http://csefel.vanderbilt.edu/familytools/teaching_emotions.pdf) ​

[Strategies and tips parents can use to alleviate bedtime anxiety and encourage more sleeping hours](https://freshome.com/security/how-incorporating-safety-into-bedtime-routine-can-help-ease-your-childs-anxiety/)

**Bullying Prevention:**

[Bullying Prevention Brochure for Parents](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/BullyPreventionBrochureforParents.pdf)

[Info on Differences between Teasing, Taunting, Bullying](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/letter%20to%20parents%20bullying.pdf)

[Tips for Parents of Children being Bullied](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_for_parents_child_being_bullied.pdf)

[Tips for Parents of Children Witnessing Bullying](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_for_parents_child_witnesses_bullying.pdf)

[Tips for Parents of Children Bullying Others](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_parents_child_bullying_others.pdf)

[Tips for Talking to Educators About Bullyi](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_talking_to_educators_bullying_prevention.pdf)ng