

Ogden International School of Chicago
Wellness Resources

TALKING TO CHILDREN ABOUT COVID-19

- Child Mind Institute [Video](#): how to speak with children about COVID-19
- [Talking to children who have ADHD or Anxiety](#)
- [Talking Points for Parents and Teachers with the Whole-Brain Child Approach](#)

INFORMATION FOR KIDS

- [Brain Pop Video](#) - What is Coronavirus?
- Tumble Science Podcast for Kids: [Answering Kids' Coronavirus Questions](#)
- [Podcast and comic](#) for kids from NPR
- Social Story - what is Coronavirus?
 - [PDF](#) - english version
 - [LINK](#) to download in other languages
- Social Story from Conscious Discipline - Why Can't I Go to School?
 - [PDF](#) - english version
 - [LINK](#) to download in other languages

SOCIAL EMOTIONAL LEARNING

- Second Step
 - Families can access songs, photos, and videos online to support continued SEL skills including focus and attention, emotion management, empathy, and problem solving.
 - Go to www.secondstep.org
 - Under New Users, click "Create Account"
 - Complete the required fields
 - Add Program Activation Key per your child's grade level below
 - Kindergarten: SSPK FAMI LY70
 - First Grade: SSP1 FAMI LY71
 - Second Grade: SSP2 FAMI LY72
 - Third Grade: SSP3 FAMI LY73
 - Fourth Grade: SSP3 FAMI LY74
 - Social Emotional Book Lists from Second Step
 - [Grades K-2](#)
 - [Grades 3-5](#)
 - [For Parents](#)

- Everfi Compassion Project https://platform.everfi.net/new_registration? Continue your grade 2-4 Social Emotional Learning through the Everfi Compassion Project.
 - 2nd Grade: **7d1c8003**
 - 3rd Grade: **860b0306**
 - 4th Grade: **6b13113f**

- [The Imagine Neighborhood](#):
 - This new podcast for families is designed to help children and grown-ups practice their social-emotional skills. Each episode tells a story that's amazing, fantastical, and maybe a little bananas, while it tackles the big feelings that come with growing up.
 - [HERE](#) is their latest episode on coronavirus

- Mind Yeti: Mindfulness sessions designed for educators and families to do alongside children, or for older children to do on their own, Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.
 - Mind Yeti on Vimeo: [English | Spanish](#)
 - Mind Yeti on YouTube: [English | Spanish](#)
 - Mind Yeti Podcast: [RSS Feed | Spotify | Stitcher](#)

- [PBS Kids](#): How you and your kids can de-stress during coronavirus
 - Videos to practice deep breathing
 - [Daniel Tiger Learns to Be Calm on the Trolley](#)
 - Daniel Tiger: [Calming Down Strategy Song](#)
 - [Belly Breathing with Elmo](#)
 - [Esme and Roy Practice Belly Breathing](#)
 - [Esme and Roy: Glitter Jar](#) (Make your own glitter jar to practice being calm!)

- [Playful Deep Breathing visuals](#)

- Story-focused Podcasts for Kids - "Downtime" is an important part of our daily routine. Try out these stories for mid-day relaxation time or before bed!
 - [Tales from the Lilypad](#)
 - [Story Time](#)
 - [Stories Podcast](#)
 - [Storynory](#)

- [Little Children, Big Challenges](#):
 - Everyday challenges are part of life. Providing your love and support is the most important step in helping children develop the confidence to overcome anything they face. Committee for Children has collaborated with Sesame Workshop to

bridge the divide between what children learn in school and what they learn at home with their families. Sesame Street's Little Children, Big Challenges initiative provides tips and strategies to help adults and children (ages 2 to 5) navigate challenges and build lifelong skills for resilience.

- Coping Skills
 - A Family Guide to Supporting Student Wellbeing During School Closures
 - This [PDF](#) includes strategies that families can use at home to support their children when they are feeling upset or unsafe.
 - Calm and Connected with Janine Halloran, child therapist
 - [Listen](#) to her Podcast
 - [Read](#) her article
 - [Download](#) Family Activity Book for learning Coping Skills together
 - Very Well Mind
 - [How to Cope With Anxiety About Coronavirus \(COVID-19\) Learn strategies for managing stress during a pandemic](#)
 - [49 Phrase to Help Calm an Anxious Child](#) (or adult!)

PLAY & MOVEMENT

- [Encourageplay.com](#)
 - Tons of [ideas](#) for play at home
 - Encourage Play, LLC was founded in 2013 by Janine Halloran. Janine is a Licensed Mental Health Counselor from Massachusetts with over 15 years of experience working with children, adolescents and their families in a variety of settings.
- Go Noodle for Families [family.gonoodle.com/](#)
- Cosmic Kids YOGA Videos [www.youtube.com/user/CosmicKidsYoga](#)
- PBS KIDS' new weekday newsletter offers activities and tips you can use to help kids play and learn at home. Sign up [here!](#)
- For ADULTS!
 - Free workout videos at The Y: <https://ymca360.org/>
 - [Peloton App](#): Offering free at-home app for 90 days

MENTAL WELLNESS

- Chicago area mental health providers
 - [Outpatient providers from C4](#) (Community Counseling Centers of Chicago)
 - CARES Line/SASS-for children and adolescents experiencing a mental health crisis, must have the medical card (no private insurance).
 - Call: 1-800-345-9049
 - National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
 - National Runaway Safeline: 1-800-RUNAWAY
 - Sexual Assault/Rape Crisis Hotline: 888-293-2080
 - IL Domestic Violence Hotline: 877-863-6338 (877-TO END DV)
 - Gilda's Club Chicago - Cancer Support
 - Gilda's Club is a place where men, women and children whose lives have been impacted by cancer, as well as their families and friends, can feel they are part of a welcoming community of support.
 - They are currently offering many of the programs and forms of support virtually. Click [HERE](#) to see their online program calendar for details and registration.
 - Chicago Recovery Alliance- Recovery Support
 - Chicago Recovery Alliance can help with a range of concerns such as drug use, anxiety and depression, grief, trauma, psychosis, or difficulties adjusting to life. Their approach focuses on making small, positive changes as defined by the client.
 - They currently are offering virtual support including general counseling, linkage to drug treatment care, mobile outreach and HIV, HCV counseling. Click [HERE](#) to see their registration details.
 - Sarah's Inn- Domestic Violence Support
 - Sarah's Inn provides comprehensive support to those who have experienced domestic violence and their families including providing access to transportation, legal support and mental health support
 - Available 24/7 via phone at (708) 386-4225 or via text at (708) 792-3120.
 - Center on Halsted- LGBTQIA+ Support
 - The Center on Halsted is a community center dedicated to serving LGBTQIA+ populations in the city of Chicago. The center provides a

range of services virtually including behavioral health counseling and violence prevention services.

- Click [HERE](#) to see virtual programs available.

- **Online Therapy Options**

- [Talkspace](#)

- *"Talkspace's unlimited messaging and video conferencing makes it a convenient app for addressing a variety of needs."*

- [Betterhelp](#)

- *"Betterhelp allows a variety of ways to contact your therapist, including live chat sessions."*

- [Regain](#)

- *"Regain specializes in couples therapy and they offer a variety of services to help address relationship issues."*

- [Teen Counseling](#)

- *"Teens can chat, message, speak over the phone, or video conference with a therapist who has experience treating their age group."*

- [Pride Counseling](#)

- *"Pride Counseling offers online therapy to individuals in the LGBTQ community, and their goal is to offer discreet, affordable, and accessible treatment."*

- [Amwell](#)

- *"Amwell offers access to a variety of mental health professionals any time of day or night."*

- [7 Cups of Tea](#)

- *"You can access free support from peers on 7 Cups of Tea or you can choose to pay to speak to a professional."*

- [Doctor on Demand](#)

- *"Doctor on Demand provides access to a free assessment that can help you determine if you should talk to someone about anxiety or depression."*

- [MDLive](#)

- *"MDLive provides access to psychiatrists who can prescribe and manage psychiatric medications."*

- [Psychology Today](#)

- *Allows you to search for an available therapist, psychiatrist, support group, or treatment center based on your insurance provider and/or Telehealth options*

- Online Parent Community Groups
 - [AT Parenting Community](#) with Natasha Daniels, LCSW, Child Therapist & Author - specifically for parents of kids with anxiety and OCD
 - [We Turned Out Okay](#) Parent Coaching Community with Karen Lock Kolp, MEd - especially for parents of little kids
 - [Growing Up Confident Community](#) with Kim Lange, Child & Adolescent Therapist - Focused on the emotional lives of children.
 - [The Neighborhood at Imperfect Families](#) from Nicole Schwarz, Parent Coach and LMFT focused on a positive parenting approach.
 - [The Village from Happily Family](#) - Run by Cecilia & Jason Hilkey with a focus on mindful parenting.

Questions? Reach out to our team!

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