

With so many decisions and adjustments being made to protect our communities from Covid-19, we do not want to overlook the emotional toll this can take on a child. Children will react and follow the verbal and nonverbal reactions of the adults closest to them. Because elementary, middle-school, and high-school students do not process information in the same way as adults, they are filtering these emotions and reactions much differently. This can lead to internalizing fears or stress overload. It is important to limit your child's inputs to true information appropriate for their age-level and to provide positive, reassuring support.

We are hoping to partner with you in this journey by providing you with the following trustworthy resources:

### **How to support your child:**

<https://www.psychologytoday.com/us/blog/here-we-are/202003/the-dos-and-donts-parenting-your-child-through-covid-19>

[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](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)

### **Elementary Age-appropriate explanation of Covid-19:**

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### **Exercises to Support an Anxious Child:**

- Take a walk outside together, see if you can match the inhale and exhale of your breathing with your steps.
- Sing together, especially songs that are filled with gratitude and hope.
- Square Breath
  - Breathe in, to the count of four.
  - Hold the breath for four seconds.
  - Breathe out to the count of four.
  - Wait for four seconds before taking in your next breath.
  - To help your child keep track, show them how to draw a square in the air with their finger, taking four seconds on each side (Roman, n.d.).
- Balancing on One Foot
  - Tell your child to focus her gaze slightly below eye level.

- Tell her to stand on one leg and keep her gaze fixed on that focal point.
- Challenge her to see how long she can stand on one leg like this.
- Tell her to try the other leg.
- Challenge her to stay focused while you engage her in conversation, ask her to sing a song, or tell her to close her eyes.
- Use meal time to practice the five senses, focus on sense at a time
- Read comforting Bible verses together
- Pray together
- Check out this app for providing pauses during the day to reconnect with our creator: <https://www.pauseapp.com>
- <https://www.foxnews.com/opinion/sissy-goff-anxiety-kids-coronavirus>