

Social-Emotional Resources

Dear Families,

The COVID-19 Pandemic and Distance Learning has certainly presented us with challenges, but there's nothing we can't overcome together! As a result, we've provided you with resources and helpful tips to help you continue to adapt to all that is happening. If, at any time, you need to speak with us, please contact us through DOJO or the main office. You can find us on your child's classroom. Together, we will get through this. Please don't hesitate to reach out. We hope the resources we provide are helpful for you and your family and we will add to this slide show weekly.

Ms. Hoover & Ms. Unger



Social-Emotional Resources

Curious about Zoom etiquette?

[Learn more here!](#)

COVID-19 Resource

[Hotline](#)

COVID-19 Food Distributions

[Click here](#)

Supporting children during COVID-19

[Click here](#)

Have you had frustrating moments?

[Click here](#) for strategies to help!

What you are feeling is normal!

[Reassure yourself here!](#)

We're here for you!

Contact [Ms. Hoover](#)

Contact [Ms. Unger](#)

Social-Emotional Resources

The Power of
Listening!
[Check it out!](#)

[Click here](#) for
helpful tips to use
at home!

Keep Calm. Stay
Wise. Be Kind.
[Coping Calendar](#)

Mindfulness is a
superpower!
[Mindfulness Calendar](#)

Statements to help
your child calm
down.
[Check this out!](#)

How do we explain
COVID-19 to our
children?
[Learn more!](#)

Contact [Ms. Hoover](#)

Connecting trauma
to animals. [Learn
how to explain
trauma to your
children here.](#)

Contact [Ms. Unger](#)

Social-Emotional Resources

Finding JOY during
COVID 19!
[Learn more here!](#)

You're doing great!
[Click here for more
support and
self-compassion tips!](#)

Self-Care for
Parents/Guardians
[Find out more here!](#)

Feeling frustrated?
[Click here!](#)

Doing this on your
own?
[Check this out!](#)

Talking with
children about
COVID-19.
[Learn more here!](#)

Contact [Ms. Hoover](#)

Why is "breathing"
important?
[Find out here!](#)

Contact [Ms. Unger](#)

Social-Emotional Resources

Coping During
Difficult Times
[Learn more here!](#)

Healthy activities to
do at home
[Click here!](#)

Managing Melt-downs
at Home!
[Click here!](#)

"Even if I can't"
Optimistic Thinking
during Social
Distancing
[Check it out!](#)

Self-Awareness
goes a long way!
[Find out why here!](#)

Emotional well-being
is important!
[Click here for
more information!](#)

Contact [Ms. Hoover](#)

Central Penn
Parent- Family
Focused News and
Events
[Click here!](#)

Contact [Ms. Unger](#)