



Dear Finn Families,

I hope you all are well and taking good care of one another during this time. I am sure there are stressors and challenges you never thought you'd be facing, so I wanted to offer any supports that I can think of to assist you and your scholars.

1) I will be setting up Google classroom to post activities and coping strategies for you to implement as you see fit. To access my classroom called "Social Emotional Support", enter the code: raagqow

2) If you have questions or concerns regarding your scholar's social and emotional wellness during this time, please email me at ambersummers@finnacademy.com.

* I am also available to arrange a zoom chat to check in if needed between the hours of 7:30 am and 3:30 pm. Please know that confidentiality of the Zoom chat will be protected on my end as I have a private space, however, it will be your responsibility to arrange for the level of privacy you wish to have for you and your scholar within your home if you wish to have a Zoom call.

3) Below, please find support services information, should your family or child need in-person or emergency mental health support, as well as a list of activities/strategies for scholars to use.

4) Here are some additional links that may be useful

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

www.pbs.org

Please let me know if you have any questions or concerns.

Sincerely,

Amber Summers

Amber Summers, LMSW
School Social Worker



WHAT CAN I DO IF I'M FEELING **worried?**

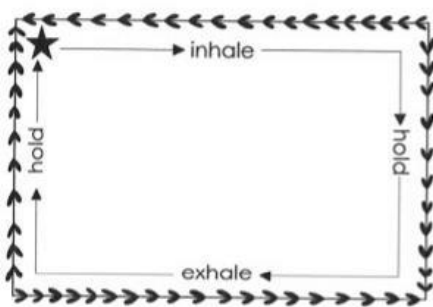


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.

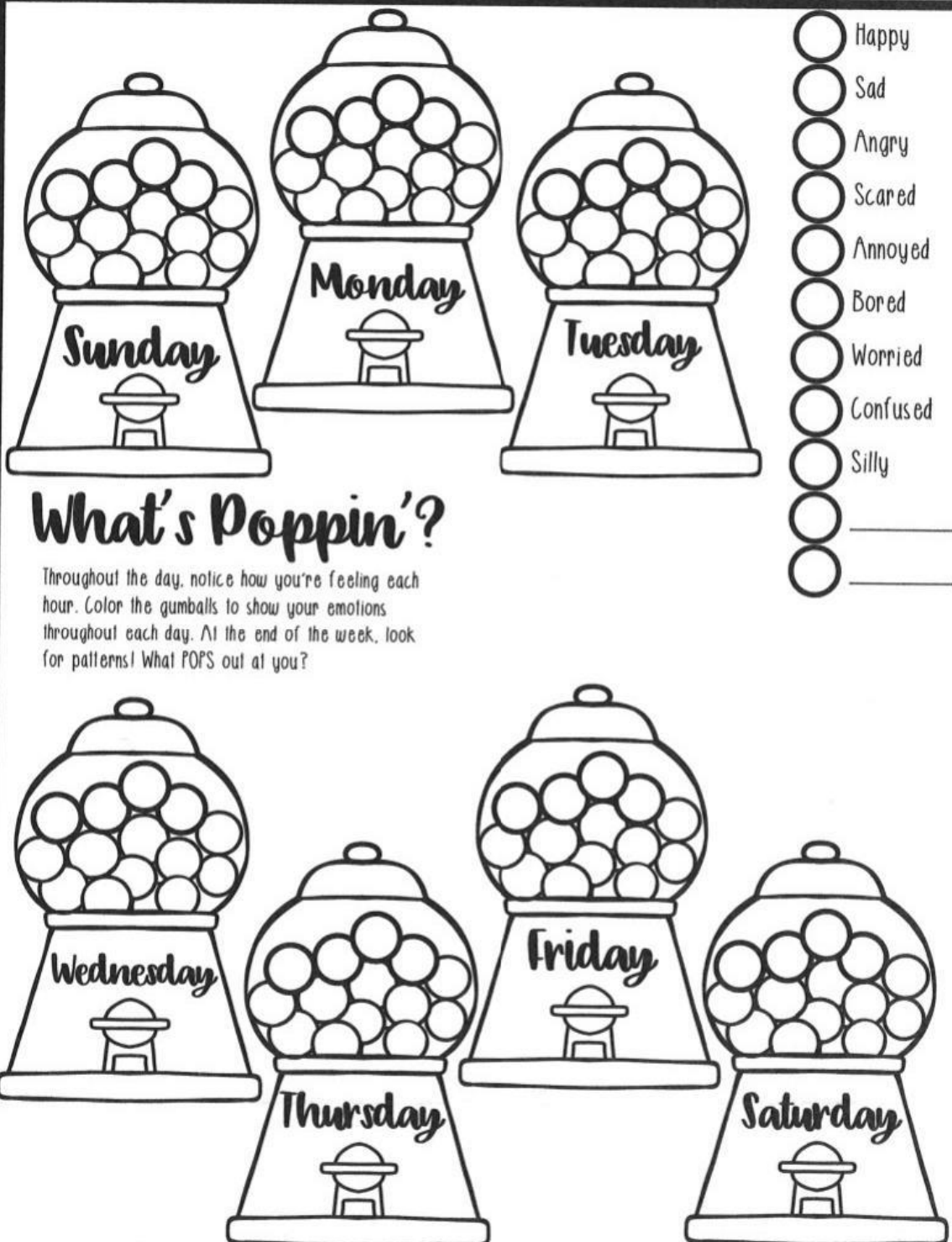
Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!



OUR DAILY **routine**

Time

Activity



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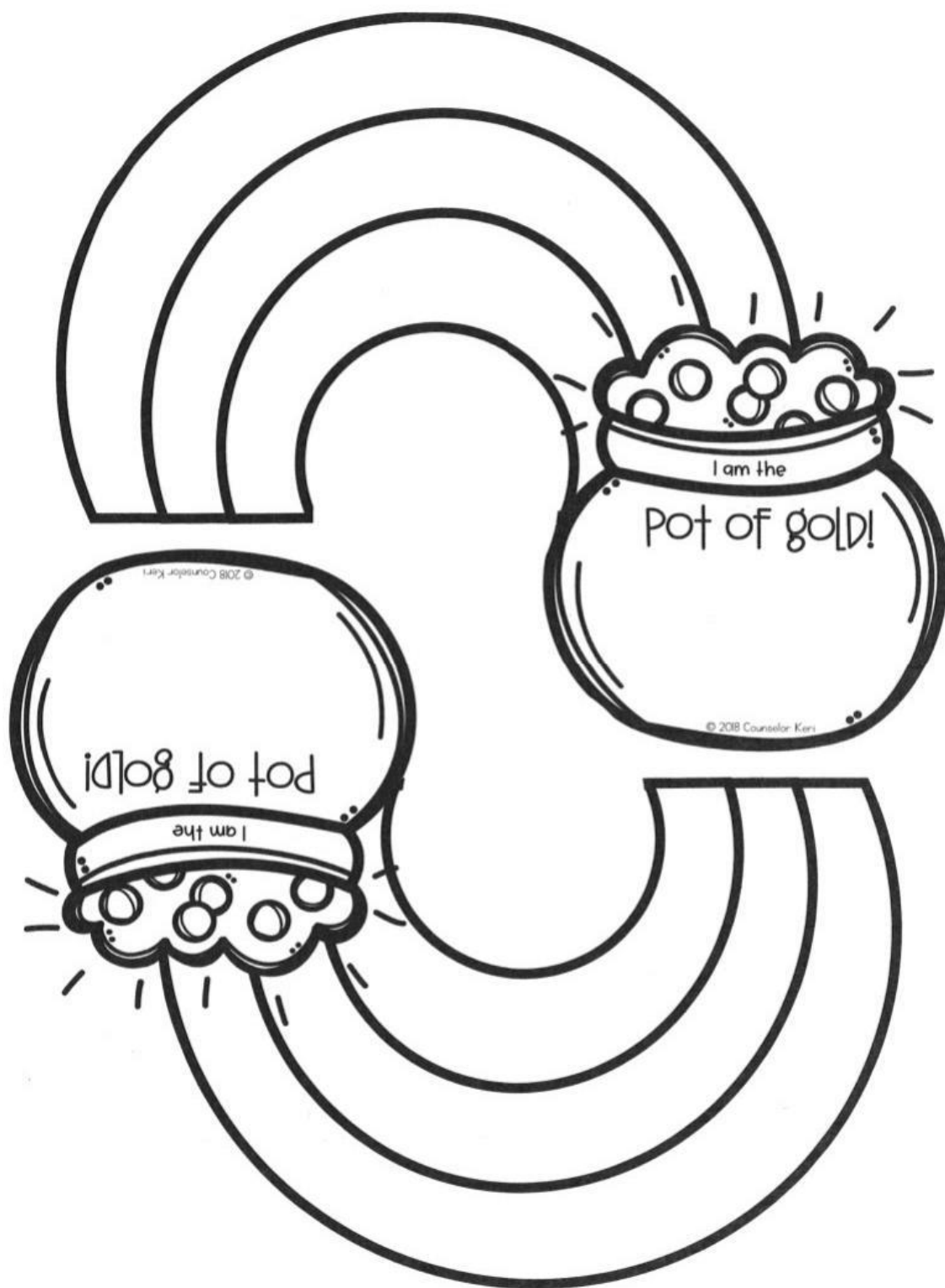


I AM THE POT OF GOLD!

On the rainbow, students write reasons why they are amazing, valuable, worthy people! Then, they can draw a picture of themselves, write their names, or glue an actual picture of themselves on the pot of gold. These make beautiful bulletin boards!

If you prefer to use construction paper to make the rainbows, use the pot of gold printable. Students can glue their rainbow papers to the pot of gold.







GUIDED IMAGERY SCRIPT

a day at the beach

Sit comfortably in your space. Close your eyes. Take a moment to push away all of the thoughts in your mind. Breathe in deeply through your mouth, counting to 1, 2, 3, 4, 5. Hold the breath for 1, 2, 3, 4, and blow it out slowly through your nose for 1, 2, 3, 4, 5, 6, 7. Once more: breathe in deeply through your mouth, counting to 1, 2, 3, 4, 5. Hold the breath for 1, 2, 3, 4, and blow it out slowly through your nose for 1, 2, 3, 4, 5, 6, 7. As you blow out your breath, imagine your thoughts floating away in a gentle breeze.

As you sit in your spot, imagine you are sitting at a peaceful beach. Feel the soft, grainy sand under your bottom. Feel the warm sand grains under your fingers. Imagine you pick up a handful of the sand and let it pour slowly through your fingers back to the ground. The soft, warm, white sand flows gently through your fingers.

Notice the gentle breeze blowing in the air. Feel it blow past your face, tickling your hair as it moves past you. Notice the sound of the rustling leaves as the breeze blows through them. Hear the leaves of the tall, sturdy palm trees as the wind blows through them.

Feel the cool shade cast by the tall palm tree as it surrounds you in your comfortable spot in the sand. Notice the warmth from the sun as it peeks out from behind a big fluffy white cloud. Let the warmth of the sun spread across your face and through your body.

Notice the way the sun reflects on the ocean water. See how it shimmers as the gentle waves flow back and forth. Notice the blue, teal, aquamarine, and green colors of the ocean. See the ripples of the water. Notice how the waves gently crash onto the soft sand. See the foam from the waves gently glide across the glassy surface of the sand.

Imagine yourself walking down to the water. Feel the cool water on your toes. Notice how your toes sink into the soft, wet sand. Feel the cool water glide over your feet as your feet sink down, down, down into the sand. Feel the gentle splash of the water as it washes over your feet. Hear the rhythmic flow of the water as the waves glide in and out across the shore.

Imagine yourself walking back to your shady spot in the sand. As you feel the cool breeze blow past you and the warm sun dry your toes, breathe in deeply through your nose, feeling your chest rise. Hold the breath for 4 seconds and slowly blow out your breath mouth, feeling your chest fall. Continue breathing, your chest rising and falling like the rhythmic flow of the ocean waves. Take in the scene around you and notice how your body is feeling. When you are ready, open your eyes.

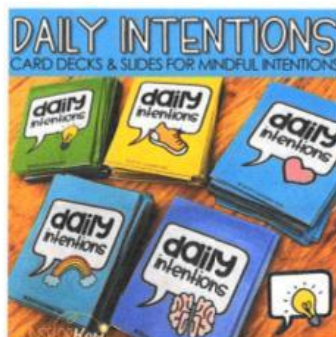
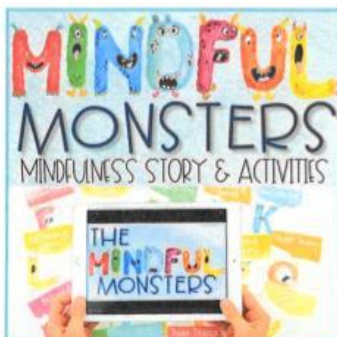


daily MINDFULNESS BINGO

how to use this:

- Print multiple copies of this or one copy and place it in a page protector or dry erase pouch.
- Each day, encourage your child to complete at least 4 of these mindfulness activities throughout the day to get 4 in a row! Color the box after the activity is completed.
- Reflect on your growing mindfulness practice!
 - How are you feeling as you complete the activities?
 - What are you noticing about yourself? Your environment?

more mindfulness activities for kids:





daily MINDFULNESS BINGO

Do a mindful body scan. Pay attention to each area of your body one at a time and see what you notice.	Blow bubbles in slow motion taking big deep breaths in and slowly blowing them out.	Go on a mindful nature walk. Tune in to the beauty around you!	Look up at the sky and simply watch. Notice the clouds. Notice the birds. Just notice.
Lie down and put a stuffed animal on your belly. Breathe slowly, watching your stuffed animal rise and fall.	Practice mindful eating. Eat slowly and notice the textures and sensations of your food.	Express gratitude for something in your current environment or space.	Color a mindful mandala.
Press your palms together and gently press for 5 seconds and then release. Repeat this a few times and notice how your body feels.	Look around your space and find 5 things that have different textures. Touch them and notice how their textures feel on your hand.	Sit outside and simply listen to sounds for 5 minutes.	Draw a picture to represent how you are feeling right now.
Sit comfortably. Find your pulse and notice your heart beat. Just notice and tune in to it for a few minutes.	Go for a rainbow walk around your environment. Find something of each color of the rainbow!	Practice finger breathing. Hold one hand out and trace around your fingers as you breath. Inhale up the finger, exhale down the finger.	Sit comfortably. Breathe in deeply and notice any smells in your environment. What scents are present around you?



MY GROUNDING STRATEGIES



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5 things I see



4 things I hear



3 things I smell



2 things I can touch



1 thing I taste



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5 colors I see



4 shapes I see



3 soft things I see



2 people I see



1 book I see



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SOMETHING I SEE THAT STARTS WITH...



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REORIENTATION

Get connected with the here and now. Say and finish these statements:

- My name is...
- I am in...
- Today is...
- The season is...
- The weather is...
- I am wearing...
- I can see...

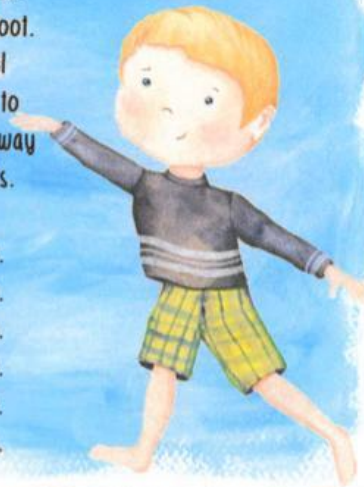


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STOMP STOMP BLOW

Stomp your left foot.
Stomp your right foot.
Exhale deeply. Feel
your foot connect to
the ground. Blow away
the anxious thoughts.

Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.
Stomp, stomp, blow.

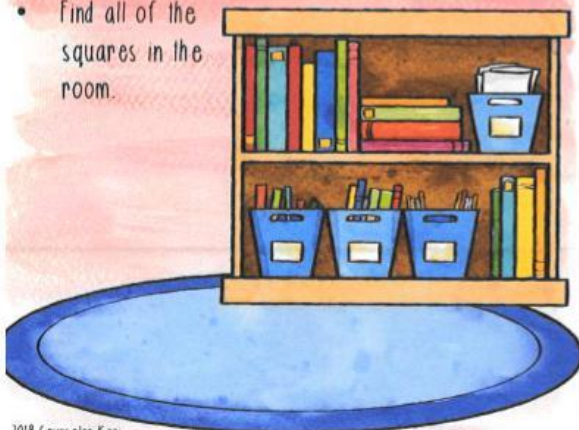


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ROOM SEARCH

Pick one category and find everything in the room that fits into that category. Here are a few examples:

- Find everything in the room that's green
- Count the bricks on one wall.
- Find all of the squares in the room.



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MY GROUNDING STRATEGIES



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BE A TREE

I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.

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POWER HUG

Tap your left hand on your right shoulder.
Tap your right hand on your left shoulder.
Squeeze yourself in a hug. Affirm yourself by saying, 'I am present in this moment' (or create your own affirmation!).

Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm.



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OBJECT FOCUS



Hold an item in your hand. Put all of your attention on just this one item. Notice everything there is to notice about it. What colors do you see? What textures does the object have? Does it make a sound? How does it feel in your hand? How does it feel if you poke or squeeze it? Notice everything.

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I AM HERE



Trace your hand on a piece of paper. Press your hand into the handprint. Notice how your hand feels as you press. Feel your hand connect with the table. With the room. With this moment.

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Mental Health Providers

Affiliated Psychological Consultants P.C	607-737-1235 410 W. Church St. NY 14901	-Private Insurance Only -Serves all ages
Care First	607-962-3100 3805 Meads Creek Rd. Painted Post NY	-Grief Counseling
Cerio Counseling	607-737-4040 100 North Main Street Suite 214 Strathmont Plaza, Elmira, NY 14901	-Accepts all insurance except Strait Medicaid -Serves all ages -Drug and Alcohol Counseling
Clear Path healing Arts (Corning)	607-962-8309 41 E. Market St. Corning, NY 14830	-Only accepts insurance that is out of network: BCBS/ United Behavioral Health -Serves ages +16 -Specializes in couple counseling
Clinical Associates of the Southern Tier (Corning)	607-936-1771 77 E. 1 st St. Corning, NY 14830	-Accepts all insurances except Strait Medicaid -Serves all ages
Clinical Associates of the Southern Tier (Elmira)	607-271-9024 231 W. Water St. Elmira, NY 14901	-Accepts all insurances except Strait Medicaid -Serves all ages
Clinical Social Work and Counseling Services	607-734-1447 963 Walnut St. Elmira, NY 14901	-Private insurance only -Serves all ages- preferably ages16+
Counseling Associates	607-796-9365 2119 Grand central Ave Horseheads NY 14845	(Information not available)
Cynthia Brennen, LMSW	607-732-1222 219 W. Main St. Montour Falls NY 14865	(Information not available)
Jeffery Donnor, Psychologist	607-732-5427 371 W. Church St. Elmira, NY 14901	-Only accepts BCBS and Fidelis - Serves ages 5+
Dr. Tinu Addams, Psychiatrist	607-733-0660 311 W. Water St. Elmira, NY 14901	- Private Insurance Only -Serves all ages
Elizabeth Fell- DeWalt, Psychologist	607-727-1220 410 W. Church St. Elmira, NY 14901	(Information not available)
Elmira Psychiatric Center (EPC) Outpatient	607-737-4800 100 Washington St. Elmira, NY 14901	-Accepts all insurances -Adults only
Ernie Germano, LMHC	607-873-7265 147 W. Gray St. #202 B Elmira NY 14901	-Accepts most insurance except Strait Medicaid & BCBS -Ages 12+
Family services of Chemung County – Adult Services	607-737-2490 310 Pennsylvania Ave Elmira, NY 14904	-Accepts all insurances except workers comp. -Adults only



Family Services of Chemung County Main Clinic (children)	607-733-5696 1019 E. Water St. Elmira NY 14901	-Accepts all insurances except workers comp. -Serves all ages
Family service Society (Corning)	607-962-3148 280 Princeton Ave Corning, NY 14830	-Does not accept State Insurance or BCBS -Serves all ages
Field of Dreams Counseling	607-732-4140 147 W. Gray St. # 215 Elmira NY 14901	-No State Funded insurance -Serves all ages
Inner Light Counseling	607-215-5836 112 North Main St. Horseheads, NY 14845	(Information not available)
Dr. Michele Pavillard, Psychiatrist	607-936-1244 290 E. First St. Corning, NY 14830	(Information not available)
Northern Tier Counseling	570-265-0100 814 Main St. Towanda, PA 18848	-Accepts private insurance and PA Medicaid -Serves ages 4+ -Drug and alcohol Counseling
Upstate Eating Disorder Services-Sol Stone	607-732-5646 1003 Walnut St. Elmira, NY 14901	-Accepts all insurances -Serves all ages