

March 30th, 2020

HCS School Social Work Newsletter - Coping with Worries

WHAT IS A WORRY?

Hi Highland Students & Families,

This week's newsletter theme is "Coping with Worries." We have now been out of school for 2 weeks due to the Coronavirus and all of us have a lot of questions about the future.

As we think about our family members, what the rest of the school year will look like, our homework, our jobs, etc., we may start to feel worried and overwhelmed. It's ok to feel those feelings, but when we do, we have to take care of ourselves to make sure those worried feelings don't take over.

This week's newsletter will provide you with some tips on how to talk about worries, some worry activities and crafts to do at home, and more.

Hope you enjoy!
Ms. Alexis, School Social Worker



Are you having difficulty meeting basic needs at this time?

Please reach out to me directly at akramschuster@hcsmkc.org or at 414-376-0655 for local resources and assistance.

HOW TO EASE YOUR CHILD'S WORRIES ABOUT CORONAVIRUS

With schools closed and new routines being established, your children may not know how to express their feelings about the situation, but they may be holding on to some pretty strong worries.

Here are some things you can do to help manage those big worries:

Be available to talk.

Kids often have big questions and its okay to answer them. Focus on strategies that are within your control like washing hands and staying home.

Stick to Routines & Boundaries

Write your daily routine on a whiteboard or make a paper schedule together. Make sure to include fun activities in your schedule, like dance parties!

Set & Track Daily Goals

Set small daily goals around how much they'll read, how many kind gestures they'll show family members, etc. and track with stickers or a calendar. Get creative with it!

Start or Continue Mindful Practices

Try adding a mindful practice to your daily routine. Try 5-minute morning/bedtime meditation, mindful coloring, or controlled breathing.

Use Grounding Strategies.

Grounding strategies help kids reorient to the present moment when worries get big. Use a journal to write about or draw feelings or try an activity like "5-4-3-2-1 Sights" and have your child name 5 colors they see, 4 shapes, 3 soft things, 2 people, 1 book.



Enjoy a Movie About Big Feelings & Emotions

One of the benefits of being at home is that we can curl up on the couch to watch a movie. Here are some movie suggestions, each with topics that relate to worries or other big feelings:

-The Good Dinosaur -Charlotte's Web
-Inside Out

Power Hug is another strategy you can try when feeling worried:



Book Recommendations: Coping with Worries

We are all experiencing worried feelings during this time. We may be worried about our family members, our friends, when we're going back to school, etc. Here are some links to books about worry that can help to start the conversations about worries your child may be having right now:

[Wemberly Worried](#)

-What did Wemberly worry about?
-What are some of the things you worry about?

[Ruby Finds a Worry](#)

-What was Ruby's problem?
-How did Ruby solve her problem?
-What can you do if you're feeling worried?

What to Say to Help a Child Who Feels Worried

Try This:	Limit This:
How big is your worry? Where do you feel it in your body?	This isn't a big deal.
How can we tell your worry to leave you alone?	Just stop worrying.
I'm here to listen. Tell me about your worry.	You're making things worse by worrying.
Your feelings are valid.	There's no reason to be worried.
What do you think might happen? What is most likely to happen?	Everything will be fine.
Let's breathe together.	Calm down.
Where do you feel your worry in your body?	It's all in your head.

Featured Family Activity: Worry Monsters



Things You Need:

- Tissue Box or paper bag
- Scissors
- Glue
- Markers/Paint/Stickers/Decorations

1. Decorate your tissue box or paper bag with paint, markers, or stickers.
2. Draw/glue eyes and teeth onto monster.
3. Have your child write down the worries they have right now. You can write down your worries too!
4. Feed them to the Worry Monster to hold onto.