

# How Can We Help our Elementary Students Make Sense of Their World?

How can we...

- Explore a potentially scary topic for elementary students?
- Carefully situate mathematical modeling of COVID19?
- Leverage students' questions to engage in mathematical thinking?
- Make sure to support students as they navigate this uncertain time?



# National Association for School Psychologists



- Focus on the positive.
- Identify projects that might help others.
- <https://qr.go.page.link/5ypsA>



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## Helping Children Cope With Changes Resulting From COVID-19

**In This Section**

- Natural Disasters: Brief Facts and Tips
- Resources to Assist States/Territories Recovering from Natural Disasters
- Large-Scale Natural Disasters: Helping Children Cope
- Helping Children After a Wildfire: Tips for Parents and Teachers
- Relocating to a New School: Tips for Families
- New Schools for Students

Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Most schools, places of public gathering, and nonessential businesses are closed, and parents and other caregivers are faced with helping their families adjust to the new normal. This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better.

It is very important to remember that children look to adults for guidance on how to react to stressful events. Acknowledging some level of concern, without panicking, is appropriate and can result in taking the necessary actions that reduce the risk of illness. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. This is also a tremendous opportunity for adults to model for children problem-solving, flexibility, and compassion as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways. The following tips can help.

**STAY CALM, LISTEN, AND OFFER REASSURANCE**



# Focus on Moments

- What can you do to find moments of happiness throughout the day? What is going well?
- How many moments of happiness did you create and find?
- How can you collect, record, and represent your happiness visually?

# Focus on Spreading the Happiness

- What if you (added 1 each day, added 2 each day, multiplied by 2, doubled) your moments of happiness each day for a week? How many moments would you have?
- Have students share their representations, and then create group/classroom/school representations of happiness.



# Focus on Making a Difference

You can check out many volunteer organizations in your community. For this task, we turn to the United Way for Inspiration.

Consider how to be sensitive to students who (and whose families) are using these services.



## YOU CAN HELP!

Many of us are looking for ways to help during COVID-19. These activities can be done with children and are a great way to give back when you need to stay in place.

\*Please do not deliver any items if it puts you at risk or goes against the State's guidelines during COVID-19.



### **Cookies for Heroes**

Bake cookies and deliver them to first responders or other heroes who are working hard to protect us each day.



### **No Sew Blankets**

No-sew blankets are simple and fun, and local animal shelters are always in need to line cages or transport animals.



### **Art For Seniors**

Unfortunately, many older people are unable to see loved ones right now. Create art and send it to your loved ones or to retirement homes to make their day.



### **Letter Writing for a Purpose**

Write notes to healthcare workers, veterans, or hospital patients. These can be mailed or picked up at a later date to be delivered.



### **Bookmarks & Notes**

Go through your old books to find ones to donate! Color a fun bookmark and write an inspirational message inside the covers.



### **Locker Posters**

Make inspirational posters to hang inside student lockers to start their day off on a positive note when school is back in session.

For more information, contact Beth Littrell at [beth.littrell@uwcm.org](mailto:beth.littrell@uwcm.org).





# Cookies for Howard County Responders

## 5-ingredient Chocolate Chip

Makes 24 cookies

### Ingredients

- 3 cups all-purpose flour
- $\frac{3}{4}$  cup brown sugar
- 2 eggs
- 1 cup butter, softened
- 1 cup semi-sweet chocolate chips

How many cookies?

How many responders?

How many batches?

How many cookies for each responder?

How many eggs? Flour? Butter? Chips?

Fire Station Number	City	Engine Company	Truck Company, Tower Company, Rescue Engine Company or Squad company	EMS Units
1V	Elkridge	Engine 11, Engine 12	Squad 1	Paramedic 15 Ambulance 16
2V	Ellicott City	Engine 21, Engine 22	Tower 2 Squad 2	Paramedic 25 Ambulance 26
3V	West Friendship	Engine 31, Engine 32	Tower 3	Paramedic 35 Ambulance 36
4V	Lisbon	Engine 41, Engine 42, Engine-Tanker 44	Rescue Engine 4	Paramedic 45, Ambulance 46
5V	Clarksville	Engine 51, Engine 52	Squad 5	Paramedic 55 Paramedic 56
6V	Savage	Engine 61, Engine 62	Truck 6, Squad 6	Paramedic 65 Ambulance 66
7	Columbia	Engine 71	Truck 7	Paramedic 75, Ambulance 76
8V	Bethany	Engine 81, Engine 82		Paramedic 85, Ambulance 86, EMS 2
9	Long Reach	Engine 91		Paramedic 95, Ambulance 96, EMS 1
10	Rivers Park	Engine 101	Tower 10	Paramedic 105, Reserve Ambulance 106
11	Scaggsville	Engine 111		Paramedic 115
13	Glenwood	Engine 131		Paramedic 135
14	Columbia	Engine 141		Paramedic 145

# Focus on a Cool way to Greet people

*Greeting one another is likely to be changed from this point forward.*



# Focus on a Cool way to Greet people

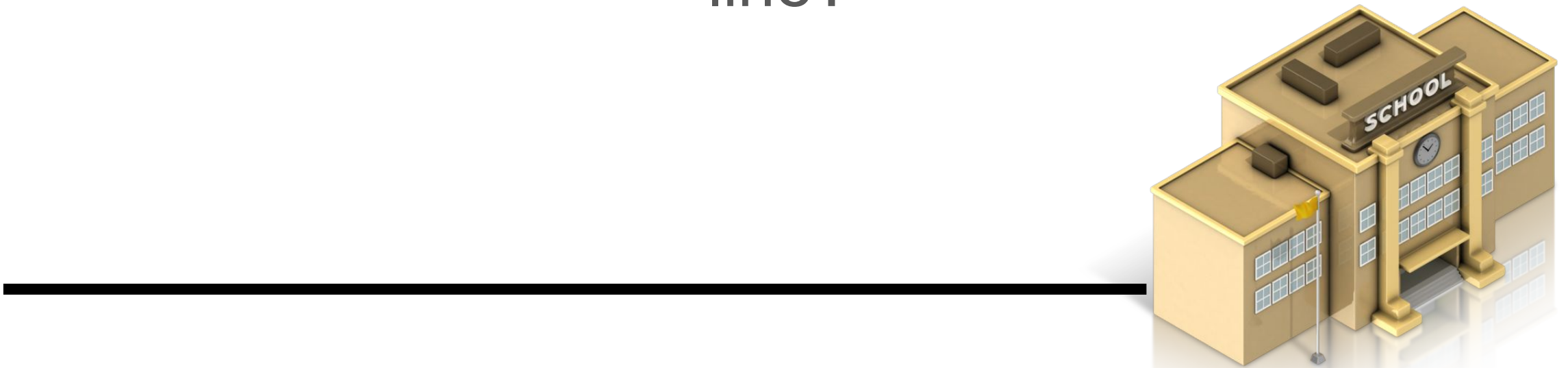
Come up with a new and cool way to greet people that adheres to the social distancing guidelines (maintaining 6 feet between people).

Next, imagine the next time (your class, your extended family) will see each other again. Each person must greet the other person with the new greeting. How many total greetings will you and your (class or family) make? What if one more person joined you? How many greetings now?



# Focus on social distancing in a line.

Your class of 22 is lining from recess to go back into the classroom and must maintain social distancing by remaining six feet apart. What is the length of your line?



Do we have  
enough toilet  
paper?

10 ROLLS



*Source: Treasure Box Store*

# How Much Toilet Paper Does Our Family Need for Two Weeks?

A 2-person household needs 9 double rolls or 5 mega rolls. A 4-person household needs 17 double rolls or 9 mega rolls.