

STUDENT SUPPORT FOR
REMOTE LEARNING

Garfield Elementary School Guidance Department

We are
connected,

We are here,

We are only
an email
away.

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Your counselors are available via email.

Email is the quickest & most efficient means to reach us.

We are checking our email daily between the hours of 8:30 am and 12:30 pm.

We will respond as quickly as possible.



Make sure to stay informed of ALL the latest news and announcements:



@GarfieldNJSchls

District website

School websites



Social Distancing - What does it mean?

▶ SAFE TO DO

- ▶ Your schoolwork
- ▶ Read
- ▶ Take a walk or go for a hike
- ▶ Play in your yard or do yard work
- ▶ Clean or organize a room or closet or drawer
- ▶ Cook a meal or bake
- ▶ Play board games with your family
- ▶ Watch TV or stream a show
- ▶ Video Chat – Skype, Face time
- ▶ Video games, listen to music, computer use
- ▶ Exercise at home
- ▶ Do a puzzle



▶ AVOID

- ▶ Group Gatherings
- ▶ Play dates or Dates
- ▶ Sleep Overs
- ▶ Concerts, Theaters, Movies
- ▶ Malls
- ▶ Retail stores
- ▶ Gym workouts
- ▶ Visiting other people
- ▶ Having visitors in your home
- ▶ Going out to eat – get take out or cook at home
- ▶ Traveling & use mass transit



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS
EXPOSURE TO MEDIA. INFORM,
WITHOUT OVERWHELM. SET
BOUNDARIES AROUND TIME,
TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL
SUPPORT, CONTACT LOVED
ONES, ISOLATION IS
DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING,
GROUNDING
TECHNIQUES, GUIDED
IMAGERY, PRAYER,
CALMING SOUNDS,
LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN
CONTROL: WASH HANDS,
HYDRATE, NOURISH,
CONTACT HR REGARDING
WORK POLICIES, ADJUST
FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR,
ANXIETY. FIND ACTIVE
WAYS TO DIVERT
ATTENTION: PUZZLE,
READ, CRAFT, ETC.



ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



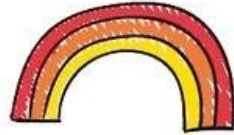
2 things
you can
smell



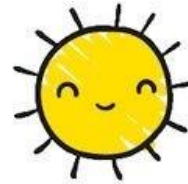
1 thing
you can
taste



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

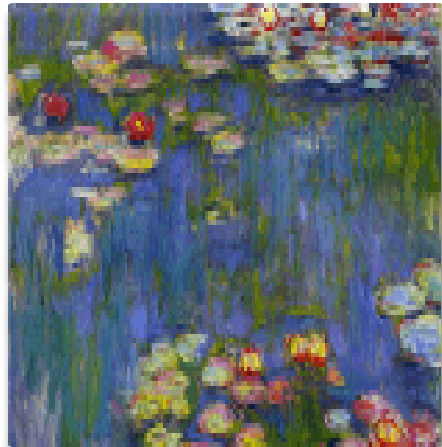
BlessingManifesting

Cultivate interests and hobbies.

Things to do while away from school

- ▶ Khan Academy - Instruction in a variety of subject areas!
- ▶ Skillshare Art - Online arts & crafts classes
- ▶ National Geographic Kids
- ▶ Scholastic
- ▶ PBS Kids
- ▶ Journal
- ▶ Write a Letter
- ▶ Read a Book or Magazine....for fun
- ▶ Facetime with friends
- ▶ Go outside and take a walk
- ▶ Exercise
- ▶ Color in a coloring book
- ▶ Do an art project
- ▶ Do crossword puzzles or word search
- ▶ DISCONNECT from Social Media... even if it's just for 30 minutes

Take a Virtual Field Trip!



Google Arts & Culture

Tour Museums and Iconic Landmarks....

Art, History, Culture



Farm & Food Tours

Tour a working farm – learn about farming & where our food comes from by touring 11 working farms!



San Diego Zoo videos

National Aquarium

Houston Zoo livecams

Visit a zoo or aquarium!

Continue to take a Virtual Field Trip!

Operas Live

Attend an opera at the MET!



Discovery Education Link

Discovery Education offers field trips in these subject areas:

- ❖ Health wellness
- ❖ Careers & college readiness
- ❖ Tech & manufacturing
- ❖ Sports
- ❖ Science, STEM, & Exploration
- ❖ Natural World & the environment
- ❖ Collecting & Analyzing Data

Yellowstone National Park

Tour Yellowstone Park!



Above all else, Remember to:

Take care of yourself.

Take care of your family.

Do something kind for someone else.

Reach out for help when you need it.

We are all in this together.

#BoilermakerPride

