



Carlisle Public Schools

83 School Street Carlisle, MA 01741 Phone: 978-369-6550 Fax: 978-371-2400

Dear Carlisle Community,

Our hearts and thoughts are with you during this unprecedented health crisis. We would like to offer you a listing of resources to support you and your family. These resources include practical tools and strategies that you may find useful at home during this school closure.

We are happy to communicate with you individually to address any questions or concerns you may have at this time. Please email your child's school psychologist or behavior specialist with questions or concerns.

Preschool - 3rd Grade	Katie Rupprecht, School Psychologist, krupprecht@carlisle.k12.ma.us
4th Grade, RISE (Gr. 5-8)	Jeff Hechenbleikner, School Psychologist, jhechenbleikner@carlisle.k12.ma.us
5th- 8th Grade	Kim Reid, School Psychologist, kreid@carlisle.k12.ma.us
Preschool-8th Grade	Bridget Fleming, Board Certified Behavior Analyst, bffleming@carlisle.k12.ma.us

ELEMENTARY SCHOOL LEVEL

- Books and workbooks for children learning to manage anxiety
 - [What to do when you worry too much: A Kid's Guide to Overcoming Anxiety](#) by Dawn Huebner
 - [A Little Spot of Anxiety](#) by Diane Alber
 - [Something Bad Happened: A Kid's Guide to Coping With Events in the News](#) by Dawn Huebner
 - (NEW)** [Why We Stay Home: Susie Learns about Coronavirus](#) by Samantha Harris and Devon Scott
 - (NEW)** [2020 Pandemic Journal for Kids](#)
 - (NEW)** [First Aid Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic](#) by Denise Daniels
 - [Just For Kids: A Comic Exploring The New Coronavirus](#) by NPR
 - (NEW)** [Ruby Finds a Worry](#) by Tom Percival
 - (NEW)** [I'm Worried](#) by Michael Ian Black
 - (NEW)** [Mindfulness for Kids who Worry: Calming Exercises to Overcome Anxiety](#) by Katie Austin
- Children's books on mindfulness
 - [I am Peace](#) by Susan Verde
 - [Breathe like a Bear](#) by Kira Willey
 - [Listening to my Body](#) by Gabi Garcia
 - [A Little Peaceful Spot](#) by Diane Alber
 - [Mindfulness for Little Ones](#) by Hiedi France
 - [I think I am!](#) by Louise L. Hay
 - [Affirmation Weaver](#) by Lori Lite
 - (NEW)** [Alphabreaths](#) by Christopher Willard
 - (NEW)** [Belly Breathe](#) by Leslie Kimmelman

MIDDLE SCHOOL LEVEL

1. Books and workbooks for adolescents and teens learning to manage anxiety
 - a. [Outsmarting Worry](#) by Dawn Huebner
 - b. [My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic](#) by Michael A. Tompkins, Ph.D., and Katherine A. Martinez, Psy.D.
 - c. [How Do You Doodle?: Drawing My Feelings and Emotions](#) by Elise Gravel
2. Adolescent and teen books on mindfulness
 - a. [5-Minute Mindfulness Meditations for Teens](#) by Nicole Libin
 - b. [The No Worries Workbook: 124 Lists, Activities, and Prompts to Get Out of Your Head—and On with Your Life!](#) by Molly Burford

ALL LEVELS MINDFULNESS APPs AND ACTIVITIES

1. Recommended apps to support mindfulness practices
 - a. [Calm](#)
 - b. [Dreamy Kid](#)
 - c. [Headspace: Guided Meditation & Mindfulness](#)
 - d. [Stop, Breathe & Think Kids](#)
2. Recommended Activities
 - a. [Mind Yeti Videos](#)
 - b. [Mindful Schools](#) (free mindfulness classes online)
 - c. [GoNoodle](#) Movement and Relaxation Videos: Select Categories and scroll down to “SEL and Mindfulness”. There will be choices of Boost Confidence, Build Compassion, Enhance Focus, Manage Stress or Practice Self-Control
 - d. [Cosmic Kids Yoga](#)
 - e. Send an email or a make a card to mail to a relative or friend
 - f. Use electronic communication with friends to start a creative challenge (for example: uploading photos of dragon sculptures you make from recycled household materials) ([FB Messenger for Kids](#))
 - g. Do a puzzle together as a family, working day-by-day will provide your children with a sense of progress and a feeling of accomplishment when the puzzle is completed
 - h. Play a game: “Eye Spy”, Tic Tac Toe, Simon Says, Dance Party, card games, scavenger hunt, obstacle course
 - i. Family Dinners with no technology
 - j. Call or video chat with an older relative or family friend and ask them to teach you a game or activity they enjoyed when they were young
 - k. Begin a family read-aloud chapter book or begin a podcast serial, or listen to a story together
 - i. [Storyline Online](#)
 - ii. [Circle Round](#)

ALL LEVELS PARENTING SUPPORTS

1. On-line therapeutic support: [The 9 Best Online Therapy Programs of 2020](#)
2. Online resource [Network of Care Massachusetts](#) is a comprehensive, searchable directory that includes more than 5,000 mental health, substance use, and related social services programs and organizations across the Commonwealth. For each listing, users can find a program description and contact information, as well as information on populations served, relevant eligibility and fee information, and more.
3. (NEW) [Time to Come in Bear](#) A Story about Social Distancing
4. (NEW) [Wearing a Mask](#) Social Story

5. **(NEW)** [Quarantine School Blues: 8 Remote Learning Hurdles & ADHD Expert Solutions](#)
6. **(NEW)** [Supporting Challenging Behaviors During COVID-19: A Coffee Chat with Ross Greene](#)
7. **(NEW)** [Think:Kids - Rethinking Challenging Kids](#)
8. **(NEW)** [Lives in the Balance](#)
9. **(NEW)** CNN and Sesame Street's Coronavirus Town Hall for Kids and Parents: The ABCs of COVID-19
 - a. [Part 1: What is coronavirus? How do we stay safe?](#)
 - b. [Part 2: Why do we wear masks?](#)
 - c. [Part 3: Dealing with big feelings](#)
 - d. [Part 4: Learning at Home](#)
 - e. [Part 5: Helping Kids Cope with Loss](#)
 - f. [Part 6: Healthy Snack Chat](#)
10. Recommended websites and articles for ideas about how to manage worries during this health crisis
 - a. [WorryWiseKids](#)
 - b. [The Child Anxiety Network](#)
 - c. [How to Help Kids Cope With Their Worries](#) by PBS Kids
 - d. [The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus](#) by TIME Magazine
 - e. [Managing Reactions to the Coronavirus](#) by Riverside Trauma Center
 - f. [How You and Your \[young\] Kids Can De-Stress During Coronavirus](#) by PBS Kids
 - g. [Managing Stress](#) by CDC
 - h. [Article for adults on coping with stress during outbreaks](#) (SAMHSA)
 - i. [Thirty things kids can do for their emotional health](#) (graphic illustration full of ideas)
 - j. [Pandemic Flu Fact Sheet](#) by The National Child Traumatic Stress Network
 - k. [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#) by The National Child Traumatic Stress Network
 - l. [Keeping Your Distance to Stay Safe](#) by APA
 - m. [Helping Children Cope With Changes Resulting From COVID-19](#) by National Association of School Psychologists
 - n. [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#) by National Association of School Psychologists
 - o. [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#) by The New York Times
 - p. [Lives in the Balance Podcast](#) - Special Edition - Collaboration in Trying Times
 - q. [That Discomfort You're Feeling Is Grief](#) by Harvard Business School
 - r. [Teens are discovering a cure for coronavirus anxiety: Walks. No phones allowed.](#) by Washington Post
 - s. **(NEW)** [10 Things Mentally Strong People do During a Pandemic](#) by Psychology Today
 - t. **(NEW)** [Stoicism in the time of pandemic: How Marcus Aereilius can help](#)
11. If you need help in a crisis situation, there are many resources available to support your family.
 - a. Crisis TEXT Line: Text HOME to 741741
 - b. Teen Help Line: 1-978-688-TEEN
 - c. Samaritans Helpline: 1-877-870-HOPE
 - d. National Suicide Hotline: 1-800-273-TALK