

## **Elementary Student Wellness Activities and Resources During COVID-19**

### **WEEK 3- Resilience**



#### **Parent Resources:**

*Tips and strategies to help you and your child navigate challenges and build lifelong skills for resilience.*

**English:** <https://www.cfchildren.org/wp-content/uploads/resources/sesame-street/img/general-resilience/doc/tips-for-parents-and-caregivers.pdf>

#### **What children would like to know about the Coronavirus.**

*A comic made for children that shares important facts about the virus.*

#### **English:**

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

#### **Spanish:**

<https://www.npr.org/sections/goatsandsoda/2020/04/01/822540659/solo-para-chicos-y-chicas-un-c-mic-sobre-el-nuevo-coronavirus>

**Social Wellness for Children-Non-Screen Activities to do at Home:** *Here are some fun, non-screen activities that can be done at home and support independent learning.*

**Link to Poster:** [https://pobble.blob.core.windows.net/asset-0504d392-8324-4fb8-9925-025f5b1aee15/Non-screen%20activities%20-%20from%20Pobble.pdf?sv=2017-04-17&sr=c&si=bce2194b-15f5-4310-b469-b1066b9c6ed1&sig=yoaO2RgR7qgwVxlegHrN73oQLfDhS%2B%2BJthKsYZTWiY%3D&st=2020-03-13T11:37:19Z&se=2120-03-13T11:37:19Z&utm\\_source=Blog&utm\\_medium=o&utm\\_campaign=non\\_screenPDF](https://pobble.blob.core.windows.net/asset-0504d392-8324-4fb8-9925-025f5b1aee15/Non-screen%20activities%20-%20from%20Pobble.pdf?sv=2017-04-17&sr=c&si=bce2194b-15f5-4310-b469-b1066b9c6ed1&sig=yoaO2RgR7qgwVxlegHrN73oQLfDhS%2B%2BJthKsYZTWiY%3D&st=2020-03-13T11:37:19Z&se=2120-03-13T11:37:19Z&utm_source=Blog&utm_medium=o&utm_campaign=non_screenPDF)

**Sensory Activity-Kinetic Sand:** *A mesmerizing material called "kinetic sand," which can be molded like clay but also somehow feels silky, is enjoyable for kids and adults alike.*

[https://www.youtube.com/watch?v=i7nd2\\_eUoxw](https://www.youtube.com/watch?v=i7nd2_eUoxw)

#### **Physical Wellness for Children:**

Cosmic Kids Yoga | SUPER YOGA - Underwater Party 5 Minutes- Yoga (4:58 mins.)

<https://youtu.be/0hvwLdk5D5g>

## **Actividades y Recursos de Bienestar para Estudiantes de Primaria durante el COVID-19**

3ª Semana- Perseverancia



**La Salud Mental no es un destino, pero un proceso. Lo que cuenta es cómo conduce, no hacia dónde va**

### **Recursos para Padres:**

*Consejos y estrategias para ayudarle a usted y a su hijo/a a navegar con los retos y desarrollar habilidades permanentes de pervivencia.*

**Inglés:** <https://www.cfchildren.org/wp-content/uploads/resources/sesame-street/img/general-resilience/doc/tips-for-parents-and-caregivers.pdf>

### **Lo que a los niños les gustaría saber del Coronavirus.**

*Un cómic creado para los niños que comparte importantes hechos acerca del virus.*

**Inglés:**

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

**Español:**

<https://www.npr.org/sections/goatsandsoda/2020/04/01/822540659/solo-para-chicos-y-chicas-un-c-mic-sobre-el-nuevo-coronavirus>

**Bienestar Social para los Niños-Actividades en el Hogar que No Involucran el uso de una Pantalla:** *Aquí hay algunas actividades divertidas, sin el uso de una pantalla que se pueden llevar a cabo en casa y respaldan el aprendizaje independiente.*

**Enlace al Poster:** [https://pobble.blob.core.windows.net/asset-0504d392-8324-4fb8-9925-025f5b1aee15/Non-screen%20activities%20-%20from%20Pobble.pdf?sv=2017-04-17&sr=c&si=bce2194b-15f5-4310-b469-b1066b9c6ed1&sig=yoaO2RqR7qgwVxlegHrN73oQLfDhS%2B%2BJthKsYZTWiY%3D&st=2020-03-13T11:37:19Z&se=2120-03-13T11:37:19Z&utm\\_source=Blog&utm\\_medium=o&utm\\_campaign=non\\_screenPDF](https://pobble.blob.core.windows.net/asset-0504d392-8324-4fb8-9925-025f5b1aee15/Non-screen%20activities%20-%20from%20Pobble.pdf?sv=2017-04-17&sr=c&si=bce2194b-15f5-4310-b469-b1066b9c6ed1&sig=yoaO2RqR7qgwVxlegHrN73oQLfDhS%2B%2BJthKsYZTWiY%3D&st=2020-03-13T11:37:19Z&se=2120-03-13T11:37:19Z&utm_source=Blog&utm_medium=o&utm_campaign=non_screenPDF)

**Actividad Sensorial-Arena Cinética:** Un material fascinante llamado "arena cinética," el cual se puede moldear como arcilla pero que de alguna manera se siente sedoso, es agradable para los niños y adultos por igual.

[https://www.youtube.com/watch?v=i7nd2\\_eUoxw](https://www.youtube.com/watch?v=i7nd2_eUoxw)

### **Bienestar Físico para los Niños:**

Cosmic Kids Yoga | SUPER YOGA - Fiesta Debajo del Agua 5 Minutos- Yoga (4:58 mins.)

<https://youtu.be/0hvwLdk5D5g>