



Be Well, Shining Star Families!

EDL Resources & Information

Mental Health and Wellness Support

As we navigate these uncharted territories, IUSD is making thoughtful considerations regarding resources that would be supportive to students and families. Please find below some helpful resources that may be of assistance to you.

Helpful Articles and Tips

- [Child Mind Institute: Support During COVID-19](#)
- [Tools for self-care](#)
- [Create a Coping Skills Toolbox](#)
- [Parenting the "Insta-Home-Schooler"](#)
- [CDC Tips for Managing Anxiety and Stress](#)
- [How to talk to Children about COVID-19](#)
- [Tips for coping with stress](#)
- [Children And Media - Tips For Parents](#)
- [50 Coping strategies](#)
- [30 Emotionally Healthy Activities](#)
- [Be Well Newsletter - Elementary](#)

Community Mental Health

As a reminder, please access your regular mental health provider for support. If you have private insurance, consider calling your carrier for a referral list that matches your child's needs.

For those families who are seeking alternatives, here are some on-line therapy options:

1. [Good Therapy](#)
2. [Talkspace](#)
3. [BetterHelp](#)
4. [Smart Talk Therapy](#)

The above list is not a comprehensive list of providers in Orange County and is NOT a formal referral from IUSD. Please use discretion in selecting a mental health provider.

To connect with emotional support or resources, OC Warmline:
Call or text: (714) 991-6412; Toll Free: 877-910-9276

Second Step - Home Links

Second Step is a social-emotional learning (SEL) program that teaches children skills for learning, empathy, emotion management, and problem solving. We offer Second Step district-wide. Here are some home link resources by grade level:

[Kinder](#)

[4th Grade](#)

[1st Grade](#)

[5th Grade](#)

[2nd Grade](#)

[6th Grade](#)

[3rd Grade](#)

Keep Shining, You Got This!

These resources are intended to offer some ideas and support to your family during this EDL time. Give yourself some grace; we're all figuring this out! If you and your family need support, know that we are here for you even though the school facility is closed. Please feel free to email me. I will be available during typical school hours to provide resource support and check-ins. Please allow 24 hours for a response, with the exception of holiday breaks, weekends, and when our office is closed.

Miranda Craik

mirandacraik@iusd.org

Mindfulness Resources

- [Family Mindfulness Resource](#)
- [Cosmic Kids](#)
- [Breathing Worksheet](#)
- [headspace for kids](#)
- [Stop Breathe Think](#)
- [Go Noodle, Flow Channel](#)

Calm Classroom: [Mindfulness Audio Recordings](#)

Social-Emotional Learning

- [Books that Teach Compassion](#)
- [SEL Kids Books](#)
- [Mental Health Books for Kids and Teens](#)
- [Big Life Journal \(available for purchase\)](#)
- [Identifying Strengths Activity](#)
- [Self-Esteem Journal](#)

Crisis Support Resources: [Speak Up, We Care](#)

Looking forward to connecting with you!