



Clearfield Area Elementary School

School Counseling Newsletter

Social Emotional Resources and Coping Skills



During this uncertain time of significant educational and daily lifestyle changes, it is important to have strong coping skills as we all adjust to a new normal. It is our goal to provide our CAES families with

social emotional skills and resources to help manage the feelings of anxiety and the “flight, fight or freeze” responses, while increasing the productivity of distant learning. We hope you will find the following information insightful and useful in the days, weeks and months to come.

SEL Resources:

- * PBIS World
- * GoNoodle
- * CASD Website
- * CASEL Resources
- * Youtube.com
- * Brain POP
- * CommonSense.org

Social Emotional Skills: What You Can Do!

Useful coping skills:

- Wake up each morning and say to yourself “Today is going to be a good day” when you go to sleep at night ask yourself “what went well today?”
- Write down what you are thinking, this helps get the thoughts out of your mind; Journaling
- Participate in virtual school spirit weeks
- Taking Deep Breaths (3 seconds in, 6 seconds out)
- Call a loved one or a friend
- Wash your hands with soap and water
- Draw, color, read, write, sing, go on a nature walk
- Exercise, healthy diet, rest

Mental Health Resources

[Clearfield-Jefferson Mental Health Hotline 1-800-341-5040 24/7](tel:18003415040)

[Clearfield-Jefferson Mental Health Task Force www.listoomany.org](http://www.listoomany.org)

[PA Crisis Hotline 24/7 1-800-273-TALK \(8255\)](tel:18002738255)

[Crisis Text Line FREE 24/7 text a message to 741741](tel:741741)

CommonsenseMedia.org COVID-19 family resources and tips

[United Way of PA Dial 2-1-1](tel:211) for 24/7 local assistance with housing, utility bills, food, substance abuse, childcare, healthcare and more!

[Victim of Violence Hotline: 1-800-799-SAFE](http://www.thehotline.org/help/) or visit <http://www.thehotline.org/help/>

