



# Dickson County Schools

## PARENT TOOLKIT

### To Assist Students with Social and Emotional Learning:

The following information is being provide to parents in order to assist and help to meet needs of students' during the school closure, due to the Covid-19 outbreak. For additional information please contact your schools counselor or contact our Dickson County Central Office at 615-446-7571.

### **Sesame Street Toolkit for Childhood Trauma**

I have attached a new toolkit from Sesame Street that I think you will find helpful to address childhood trauma. Please let me know if I can be of assistance to you in the future.

"Believe you can and you are halfway there." Theodore Roosevelt

## **Toolkit: Sesame Street Tackles Children's Trauma**

With funding from the Robert Wood Johnson Foundation and other philanthropic partners, Sesame Workshop, the nonprofit that produces *Sesame Street*, recently launched a resource portal focused on helping children from birth to age six deal with traumatic experiences.



The goal of the initiative is to mitigate the harmful effects of Adverse Childhood Experiences (ACEs) and unexpected stressful occurrences. ACEs can include abuse and neglect, witnessing domestic violence, a parent's substance abuse or mental illness, divorce, or parental incarceration. The 2016 National Survey of Children's Health found nearly half of American children under age 18 have had at least one out of nine types of ACEs.

The online toolkit features new bilingual content for children, such as videos, storybooks, and digital activities, all with the *Sesame Street* Muppets. The resources present universal coping strategies that help children feel safe and become more resilient in a range of situations. They're designed to give caring adults the tools they need to foster nurturing connections. Also included are activities and resources for related adult professional development.

[Learn more http://www.sesameworkshop.org/press-releases/sesame-workshop-launches-groundbreaking-initiative-to-help-children-cope-with-traumatic-experiences/](http://www.sesameworkshop.org/press-releases/sesame-workshop-launches-groundbreaking-initiative-to-help-children-cope-with-traumatic-experiences/)

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[www.DCSTN.org](http://www.DCSTN.org)

615-446-7571

## **National Child Traumatic Stress Network**

I want to share an important website that has incredible resources for educators- <http://nctsn.org/resources/audiences/school-personnel>. I hope you will find it rich with resources.

## **Kid Central Website**

I want to connect you with a valuable resource. It is [www.kidcentraltn.com](http://www.kidcentraltn.com). It is a one stop shop for information on children's health, education supports and children's development which includes mental health.

## **We all Have Mental Health Video**

I would like to share this video about mental health.

<https://m.youtube.com/watch?feature=youtu.be&v=DxIDKZHW3-E> "We All Have Mental Health is an animation designed to give young people aged 11-14 a common language and understanding of what we mean by mental health and how we can look after it. "

## **Stress and its effects**

I wanted to share a fun activity that you can use in a classroom to talk about stress and how it affects each and every one of us. <https://www.edutopia.org/video/60-second-strategy-snowball-toss>  
It is important that we teach youth how to identify stress as well as how to cope with stress in a healthy way.

## **Helpful Stress**

### **STRESS IS HELPFUL, TO A DEGREE, THE SCIENCE OF GOOD STRESS**

Stress isn't always bad. In a popular [TED talk](#), psychologist Kelly McGonigal explains that reframing stress can help people be more productive: "That pounding heart is preparing you for action. If you're breathing faster, it's no problem. It's getting more oxygen to your brain."

Reframe stress. It's not a burden but a way of energizing the body. Consider how top performers, from athletes to musicians, deal with stress. NBA champion [Kobe Bryant has said](#), "Everything negative—pressure, challenges—is all an opportunity for me to rise."

## **Stay Calm and Take a Deep Breath:**

*Without a doubt, many of us are feeling anxious as we navigate the uncertainty of COVID-19. We're feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded.*

<https://www.calm.com/blog/take-a-deep-breath>

## **Movement and Activity Breaks with Goonoodle:**

These activities are video driven and great for students who need a movement moment during a learning session. These are specifically designed for home use.

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

## **What is Social Emotional Learning?**

CASEL (Collaborative Association of Social Emotional Learning) is an organization dedicated to providing information to schools and communities for the benefit of students. The Website contains information and newsletters to assist parents and teachers.

<https://casel.org/>



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<b>National Child Traumatic Stress Network</b>	- <a href="http://nctsn.org/resources/audiences/school-personnel">http://nctsn.org/resources/audiences/school-personnel</a>
<b>Kid Central</b>	<a href="http://www.kidcentraltn.com">www.kidcentraltn.com</a>
<b>We all Have Mental Health Video</b>	<a href="https://m.youtube.com/watch?feature=youtu.be&amp;v=DxIDKZHW3-E">https://m.youtube.com/watch?feature=youtu.be&amp;v=DxIDKZHW3-E</a> “
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<b>Helpful Stress</b>	<a href="#">TED talk</a>
<b>Stay Calm and Take a Deep Breath</b>	<a href="https://www.calm.com/blog/take-a-deep-breath">https://www.calm.com/blog/take-a-deep-breath</a>
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