

Counselor Notes

A new form of education—Elearning--will present many unique challenges. With challenges also comes different emotions that families have to deal with. With the ELearning system there will again be many challenges. Remember at times parents and children need to just take some time to step back and breath.

By now, I am sure people are feeling overwhelmed with the different number of resources that are available to look at. If you are looking for ways to have a conversation with your children about COVID-19, the ND DPI has many links to check out. One link deals specifically with how to talk to your children about this virus, [Talking With Your Children About COVID-19](https://www.nd.gov/dpi/covid-19-behavioral-health)
<https://www.nd.gov/dpi/covid-19-behavioral-health>

At the bottom of the link there is a resource drop down tab that contains more information and also more sites that are geared towards working with children. Two of these links include a [Brainpop](https://www.brainpop.com/search/?keyword=Coronavirus) Activity <https://www.brainpop.com/search/?keyword=Coronavirus> and also [Parents Lead COVID-19 Resources](http://www.parentslead.org/). <http://www.parentslead.org/> Click on COVID 19 Resources. Both of these links will deal with different levels of students.

When you click on the Parents Lead COVID-19 Resources there is a tab in the upper right hand corner that has an audio clip dealing with the subject. I would recommend listening to it and deciding if you think it is appropriate for your child(ren). The Parents Lead site has resources that deal with a variety of age levels.

If you have any concerns or questions for your children, please feel free to reach out either through email Greg.Hermes@k12.nd.us or by phone 883-6306. We will get through this. Remember that the strength of the Lobo is the Pack—working together will keep us strong!