

Trinity Elementary School

“Where Today’s Learners are Tomorrow’s Leaders”

[Resources to Support Our Children In These Challenging Times](#)

[Recursos Para Apoyar a Nuestros Niños Durante Estos Tiempos Difíciles](#)



- 1. How to Talk to Children About Coronavirus**
Cómo hablar con sus hijos sobre el Coronavirus
- 2. How to Talk to Children About Protests and Racism**
Cómo hablar con sus hijos sobre las Protestas y el Racismo
- 3. How to Respond to Your Child’s Overall Social-Emotional Needs**
Cómo responder sobre las necesidades sociales y emocionales de sus hijos
- 4. Mental Health Community Resources**
Recursos Comunitarios de Salud Mental
- 5. Pupil Personnel Support Team**
Consejeros de servicios al alumno

Please click on the hyperlinks to get to the sources.

Favor de hacer clic a los hipervínculos.

How to Talk to Kids About Coronavirus
Cómo hablar con sus hijos sobre el Coronavirus

Talking to Children About COVID-19 (Coronavirus): A Parent Resource - NASP	Coronavirus (COVID-19) Information Videos for Kids
Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic	Coronavirus Resources
How to Talk to Kids About the Coronavirus Child Mind Institute Cómo hablar con los niños sobre el Coronavirus Child Mind Institute (En español)	PBS Kids: How to Talk to Your Kids About Coronavirus PBS for Parents: Hablar con sus hijos del Coronavirus (En español)
CDC: Helping Your Child Cope with a Disaster (Scroll down the page for additional links/resources by topic) CDC: Cómo ayudar a su hijo a sobrellevar un desastre (En español)	Help Your Family De-Stress During Coronavirus Uncertainty Consejos para usar la tecnología en familia durante la crisis del coronavirus (En español)
Visual Aids & Videos for Children Ayudas visuales y videos para niños	
Symptoms, Protective Measures & Staying Healthy	Books to Help Children with the Crisis- NYC School Library System (English & Español)
Video: CNN/Sesame Street Coronavirus Town Hall	Book: "Rainbows In Windows" (Digital) by Yumi (read aloud)
Just for Kids: A Comic Exploring the New Coronavirus from NPR	Book: "The Yucky Bug" (YouTube) by Julia Cook
Brain Pop Video About the Coronavirus	Coronavirus: A Book for Children Coronavirus: Un libro para ninas y ninos (En español)
Videos for Kids and Parents Coronavirus	

How to Talk to Kids About Protests and Racism
Cómo hablar con sus hijos sobre las Protestas y el Racismo

<p>George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?</p>	<p>Supporting Vulnerable Students in Stressful Times: Tips for Parents</p> <p>Seguridad y crisis escolar: Cómo apoyar a estudiantes vulnerables en tiempos de estrés: consejos para padres (En español)</p>
<p>Video: How to Talk to Your Children About Protests and Racism</p>	<p>PBS.org: Talking to Young Children about Racism</p>
<p>Talking with Children about Racism, Police Brutality, and Protests -This gives examples of what to say by age</p>	<p>NASP: talking to children about violence. Tips for parents and teachers. Also available in several languages</p> <p>Conversando con Niños Sobre la Violencia: Sugerencias para Padres y Maestros (En español)</p>
<p>Visual Aids & Videos for Children Ayudas visuales y videos para niños</p>	
<p>Black Lives Matter Resource Library of Children's Books (Digital library of picture books with YouTube links for each book)</p>	<p>Coming Together: Standing Up to Racism A CNN/Sesame Street Town Hall for Kids and Families</p>
<p>Epic Books - "Start a Conversation About Race" - book list on Epic Books</p>	<p>Libro: Cuento sobre el racismo (En español)</p>
<p>Book: "The Colors of Us" (YouTube) by Karen Katz (Younger students)</p>	<p>Video: Diferentes pero iguales (En español)</p>
<p>Video: Kid President "How to make a change"</p>	<p>Video: Diversidad y Respeto (En español)</p>

How to Respond to Your Child’s Overall Social-Emotional Needs
 Cómo responder sobre las necesidades sociales y emocionales de sus hijos

[Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)

[CASEL Cares: SEL Resources](#)

[Coping Skills Article](#)

[CASEL video for parents on SEL](#)

[CASEL video para padres sobre SEL \(En español\)](#)



“PAWsing” For Just a Moment



[Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](#)

[Active Screen Time Resource: Go Noodle](#)

[Videos for Sleep, Meditation and Relaxation](#)

[Progressive Muscle Relaxation for Kids](#)

Staying “Paws-itive-ly” Mindful

[Cosmic Yoga](#) - videos

[Mind Yeti](#)- guided mindfulness videos

[Kindness Videos](#) - Random Acts of Kindness

[Explore Brain Pop Videos and Activities](#)

[Mindfulness Resources for Dealing with COVID-19](#)

[Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons](#)



Staying “Paws-itive-ly” Active



[Bicycle Sundays around Westchester-](#)

Free [self-guided art walk](#) around New Rochelle

[New Rochelle Dept. of Parks and Recreation](#)

Virtual Camp - [CampKinda](#)

Attend a [free summer concert](#) in New Rochelle

General [Activities](#) for Children

Take a walk at a free Nature Center
[Sheldrake](#)
[Weinberg](#)

Search for [Parks with Hiking trails](#)

Mental Health Community Resources
Recursos Comunitarios de Salud Mental

<p>The Guidance Center of Westchester 150 Huguenot Street New Rochelle, NY 10801</p>	<p>914-613-0700 x7104 or x7106 After hours assistance: 914-286-3350</p>
<p>WJCS- Mount Vernon 11 W Prospect Ave Mount Vernon, NY 10550</p>	<p>914-668-8938 x3014</p>
<p>Family Services of Westchester 6 Gramatan Avenue Mount Vernon, NY 10550</p>	<p>914-668-9124 x10 or 11</p>
<p>Alssaro Counseling Services 481 Main St #401 New Rochelle, NY 10801</p>	<p>914-355-2440</p>
<p>Westchester Department of Community Mental Health Information, Support and Referral Line</p>	<p>914-995-1900 8 am to 8 pm 914-461-7281 text</p>
<p>For information and linkages to support</p>	<p>Dial 211</p>

Pupil Personnel Support
Consejeros de servicios al alumno

Michael DeJesus, School Psychologist/Psicólogo de Escuela	Phone: 914-576-4440, ext: 35650 Email: mdejesus@nredlearn.org
Nicole Venditto, School Psychologist/Psicóloga de Escuela	Phone: 914-576-4440, ext: 35129 Email: nicolevazquez@nredlearn.org
Nelsie Febles, School Social Worker/Trabajadora Social Escolar	Phone: 914-576-4226 Email: nfebles@nredlearn.org
Melissa Kelly, School Counselor/Consejera de Escuela	Phone: 914-576-4434 Email: mkelly@nredlearn.org