



Counselor's Corner

St. Benedict Preparatory School

Welcome Back to School Bengals!

Hello SBPS Families,

I hope everyone had a safe, relaxing summer and welcome back to school! Although this year is not one that any of us ever imagined, we're continuously preparing and adjusting to make it a successful one! As exciting as it is for kids to be coming back and seeing their friends and teachers (in person or virtually), there can be a sense of worry and anxiety around the school year. I have been teaming up with teachers to help promote a sense of calm and provide more social-emotional resources in classrooms. Below are some resources that may be helpful whether your child started in-person this week or virtually today. If you have any questions throughout the year, please reach out to me at cblazkow@stbenedict.com or 773-539-0066 ext. 2390.

Stay well, -Ms. Blazkow

Helping Children Through the School Year and COVID-19 Anxiety

- Be **flexible** - teach and model how to use coping strategies for stress and times of uncertainty
- Be **realistic** - help children focus on things they can control
- Focus on the **positives** - kids might be feeling anxious, continue to focus on things that they are looking forward to for the year
- Meet children's concerns with **validation and compassion**
- Stick to developmentally **appropriate facts**
- **Reassure** kids by **empowering** them
- Look for kid-friendly methods - make learning about hand-washing and other preventative measures **fun**
- Emphasize **kindness**
- Remember to model **positive behavior**
- Watch for **behavior changes**

Read more [here](#)

Apps to Help Manage Worries & Anxiety

- [Calm](#)
- [DreamyKid](#)
- [Headspace](#)
- [Kids Yoga Deck](#)
- [Stop, Breathe, and Think Kids](#)
- [Smiling Mind](#)
- [Positive Penguins](#)
- [Calm Counter](#)
- [Emotionary](#)
- [Take a Chill - Teens](#)
- [Chill Outz](#)
- [Mindful Minutes by Oops Yay](#)
- [Breathe, Think, Do Sesame](#)
- [Recolor](#)
- [Tanzen](#)
- [Mekorama](#)
- [Breath of Light](#)
- [Audible](#)

Oh, the places we'll learn!



Near or far, we're learning together wherever we are!