

Exceptional Children Information for Parents

October 21, 2020

Help Children Cope with Their Emotions During COVID-19 Pandemic

From STEM Innovation for Inclusion in Early Education ([STEMIE](#))

The COVID-19 pandemic is a very challenging time for everyone, especially for families with young children and children with disabilities. With school being closed, disruptions of the family routines, and limited physical activities, children may feel overwhelmed, upset, and stressed. Children also may have a lot of questions.

To help children cope with the changes resulting from COVID-19, families can have a conversation about what is happening, and teach children how to handle this situation. Social stories can be a useful tool for families to help young children navigate this difficult situation.

On this [resource page](#), STEMIE provides a list of social story resources that are focused on COVID-19, followed by a list of resources that can help families teach children how to calm down.

Talk with Children About COVID-19 Using Social Stories

- [Something Strange Happened in My City: A COVID-19 Social Stories for Young Children](#)
- [Let's Talk about the Coronavirus \(COVID-19\) Whiteboard Social Narrative Video](#)
- [What Is the Coronavirus?](#)
- [My Name Is Coronavirus](#)
- [Why Is My School Closed](#)
- [Time to Come In, Bear: A Children's Story about Social Distancing](#)
- [Explain COVID-19 to Children with Disabilities](#)
- [Seeing Other People Wearing Masks](#)

Help Children Cope with Their Emotions

- [Help Children Cope](#)
- [Feeling Face Chart and Template](#)
- [Practice Belly Breathing](#)
- [Make a Mindfulness Jar or Calming Timeout Timer](#)
- [Prioritize Coping and Calming Skills](#)

Check out previous newsletters for other resources.

<https://ec.ncpublicschools.gov/parent-resources/parent-newsletter-2020>



Public Schools of North Carolina
State Board of Education
Department of Public Instruction

<https://ec.ncpublicschools.gov>

Important Links

- [Centers for Disease Control and Prevention](#)
- [U.S. Department of Education](#)
- [N.C. Department of Health & Human Services](#)
 - [Strong Schools NC Public Health Toolkit \(K-12\)](#)
- [N.C. Department of Public Instruction](#)
 - [Lighting Our Way Forward \(Summary\)](#)
- [No Kid Hungry](#)
- [NCDPI-COVID-19 Responses & Resources](#)

Upcoming Events

- **October is Dyslexia Awareness Month**
 - [Learn more about Dyslexia](#)
- International Dyslexia Association (NC Branch)
 - Oct. 22: [Structured Literacy: Strategies for At-Risk & Struggling Readers](#) (virtual)
 - Oct. 24: [The Elephant in the Room: Probing the Literacy Landscape](#) (virtual)
 - Oct. 26: [Halloween Virtual Group](#) (grades 5-8)
 - Oct. 24 – Nov. 1: [2020 Dyslexia Dash](#) (virtual)
 - Nov. 13-14: [DyslexiaCon20](#) (virtual)
- NC Museum of Natural Sciences
 - [STEM Career Showcase for Students with Disabilities](#) (virtual)

Do you have an upcoming event you'd like to share with the community? Please email with information.

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