

Resources for GPS Primary Parents and Student  
Links to Resiliency, Counseling and COVID -19 Topics

<https://www.apa.org/topics/resilience>

Production Therapy with Christian Moore; founder of WhyTry.org  
<https://www.youtube.com/watch?v=tsCMsabTGWg>

Free Audio Books for Kids:

[https://www.google.com/aclk?sa=l&ai=DChcSEwj60o3rmMjoAhUJquwKHYnxCwcYABABGgJwag&sig=AOD64\\_0eqCjPdFe\\_SWtqutkTqnYWIVY04w&adurl=&q=](https://www.google.com/aclk?sa=l&ai=DChcSEwj60o3rmMjoAhUJquwKHYnxCwcYABABGgJwag&sig=AOD64_0eqCjPdFe_SWtqutkTqnYWIVY04w&adurl=&q=)

Kids Games (Ages 2-8) – Get your Kids Excited to Learn

[https://www.google.com/aclk?sa=l&ai=DChcSEwj60o3rmMjoAhUJquwKHYnxCwcYABAAGgJwag&sig=AOD64\\_0xi62iCU6VUkT3gY-wzP1KqGBcLQ&adurl=&q=](https://www.google.com/aclk?sa=l&ai=DChcSEwj60o3rmMjoAhUJquwKHYnxCwcYABAAGgJwag&sig=AOD64_0xi62iCU6VUkT3gY-wzP1KqGBcLQ&adurl=&q=)

Pinterest: [www.pinterest.com](http://www.pinterest.com)

<https://mindfulnessexercises.com/dealing-with-covid-19/>

Check out our [flyer](#) for tips on coping with COVID-19 related stress and see our page for [tips on studying from home](#). (University of Washington.edu/counseling/covid-19).

Additional activities to do as you are home:

Practice mindfulness, exercise, talk to a trusted friend, muscle relaxation activities, start online connections, learn something new, establish a routine, prepare your menu for the week, clean your house selecting one area per week, spend time with your loved ones, write letters to family members, learn to crochet or knit, learn to sew, darn socks, add a zipper to a shirt, read, rearrange your living room, clean your utensil drawers, take a walk, pray, write a poem, short story, or an article, relax and watch TV, learn to navigate the Internet, clean the yard, take a nature hike or ride, enjoy the sunrise/sunset, etc.

## WhyTry Learning Activities: for Motivation Formula

**Balloon Pop:** Finding ways to channel anger into a positive direction. Materials needed: Balloon and needle.

Blow up a balloon to medium size. The balloon represents challenges that we go through. Talk to your child about their challenges. Things that have made them mad, angry, upset or frustrated. For every challenge, blow up the balloon a little more. Try to get the balloon big enough to pop with all the anger, frustrations and upsets your kids have gone through. Use the needle slyly if the balloon isn't popping on its own. Questions to ask after this activity:

Why did the balloon pop? In our lives, what makes us pop or lose control? Why do people react differently to same situations? When is anger not ok?

**Body by Design:** reinforcing different parts of the motivation formula by comparing them to parts of the body. Materials needed: 1 sheet of butcher paper, large enough to trace the student's body, Markers.

Have your child lay on the butcher paper and draw an outline of the whole body. Once done, the student may add their clothing, facial features, add to their outline. Your student will then outline their body utilizing the Motivational Formula as follows:

Shoulders – write your challenges, problems, things that are hard in your life

Brain – write examples of positive self-talk

Heart – write on how you maintain character and heart? What are your passions?

Arm (bicep) – what are your strengths? What are you good at?

Hands – who are your support systems? Who can you count on to lend you a hand?

Feet – what are your goals?

Questions to ask after the activity: What are some things you listed on your brain, shoulder, feet?

How do these items make you feel? In what ways will these things help you in life?

Books related to this section:

The Little Engine That Could by Watty Piper

Duck on a Bike, by David Shannon

Angel Child, Dragon Child, by Michelle Maria Surat

Horton Hear a Who, by Dr. Seuss

Video links:

Seeds of Resiliency: <https://www.youtube.com/watch?v=N2pH-7yb0vI>

Jessica's Daily Affirmations: <https://www.youtube.com/watch?v=H0ifIQNwXBE>

Extreme Flooding: <https://www.youtube.com/watch?v=tWgK4CiWxeM>