

Counseling Resources

COVID-19 ECASD District Updates

- <https://www.ecasd.us/District/Departments/Teaching-and-Learning/Student-Services/COVID-19>

School Based Mental Health (SBMH) Services

- <https://www.ecasd.us/District/At-Home-Learning/Mental-Health>

Mindfulness Apps./Resources/Activities

- Stop Breathe Think {available via "Self Service" on ALL district iPads}
- Calm App. {Free App.}
- Headspace App. {Free App.}
- Nature Walks
- [Coloring Mandalas](#)
- [Class Dojo](#)
- [GoNoodle](#)

Coping Strategies

- Maintain Normal Routines {as best as possible}
- Create a Daily Learning Schedule
 - <https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>
- Be Creative
 - Crafts & Art Activities {lots of free tutorials online}
 - Bake {lots of fun decorating tutorials online}
 - Go on a Scavenger Hunt
 - Build a Fort
- Move
 - Exercise
 - Go for a Walk
 - Take a Family Bike Ride
 - Play Outside

School Counselor Note to All Families:

Please feel free to contact me at any time during the school closure at sdavid@ecasd.us or call (715) 852-3903. I will try to respond within 24 hrs., so be sure to leave a message. If your family is in need of any essential items such as food, clothing, or household items, please contact our Principal Mrs. Grant at (715) 852-3910 or hgrant@ecasd.us