



# Support for JFK Families



**Dear JFK Families,**

**I hope that you are finding ways to enjoy this time at home with family and pets and that you and your family are healthy.**

**I am one of the social workers for JFK. I will have virtual office hours daily from 9-2. Please feel free to email me if I can assist with any supports for your child. I will share some resources here, but if needed I do have additional resources just ask!**

**We are in such an unusual time. Each of us is in the same situation but many are struggling with a variety of other factors. All of us are probably experiencing some feelings of worry, sadness, boredom, anger, frustration and fear. Hopefully, the information shared in this will help you manage those feelings. I will update weekly with new resources and activities.**

**I was reading a book with my kids and they referenced going through a bad time like reading a really bad chapter in a book. It is hard to get through, but eventually a new chapter will begin! I hope that a new chapter is starting soon. In the meantime, stay safe and well.**

**Take Care,  
Mrs. Kaczmer**



# Virtual Office Hours

## School Days

### 9:00 - 2:00

**Please email if you need assistance:**

***Jamie Kaczmer, School Social Worker***

**[jkaczme1@psd202.org](mailto:jkaczme1@psd202.org)**



**Things to Do...**



Blow bubbles <a href="#">Recipe for homemade bubble solution</a>	Play a board game	Make a list of your accomplishments	Meditate <a href="#">10 meditations for pre-teens and teens</a>	Take an online course <a href="#">List of classes for teens classcentral.com</a>
Do a crossword puzzle <a href="#">NY Times Student Crossword Archive</a>	Fly a kite	Look at family photo albums	Play with a sibling	Go <a href="#">stargazing</a>
Play with your pet; teach it a new trick	Do an arts and craft activity	Do yoga <a href="#">Free yoga classes for teens via youtube</a>	Meditate <a href="#">10 meditations for pre-teens and teens</a>	Ride your bike
Draw or color <a href="#">Zentangles, Mandalas</a>	Write in a journal	Read <a href="#">inspiring quotes</a>	<a href="#">Drink a cup of tea</a>	Do your laundry
Take a virtual tour of <a href="#">Yellowstone National Park</a> or <a href="#">Yosemite National Park</a>	Take a virtual tour of the zoo or the aquarium: <a href="#">San Diego Zoo</a> , <a href="#">Georgia Aquarium</a> <a href="#">Monterey Bay Aquarium</a>	Take a virtual museum tour <a href="#">over 2,500 tours available</a>	<a href="#">Put down your phone for an hour, an afternoon, or a day</a>	Find 2 books you want to read <a href="#">Goodreads book lists for teens</a> , <a href="#">Sora app</a> - access ebooks via school libraries

Play a card game	Declutter your bedroom	<a href="#">Learn a few phrases in a new language</a>	Cook with a parent	Turn up the music and dance
Write a poem/short story/song	Make a playlist of your favorite songs	Bake something for your family	Take a nap	Make a list of goals for yourself
Plant a garden	Write a letter to your future self	Talk to a friend	Go for a walk or a <a href="#">hike</a>	Make a list of things you like about yourself
Draw or paint a picture	Do a puzzle	Play an instrument	Play a board game	Make a funny video
Watch a movie	Go outside and watch the birds and squirrels	Take a virtual tour of a farm @ <a href="#">Farmfood360</a>	Take photos of nature	Listen to your favorite songs



# Coping





## Take Care of the Basics:

- Get your sleep
- Eat Healthy
- Drink Water
- Exercise
- Go Outside
- Stay Connected
- Find Your Calm
- Find a Routine
- Share how you are feeling
- Practice Daily Hygiene
- Take a Break when you need it



# Challenge Your Thinking

## Mindset Shift During a Pandemic

I'm stuck at home



I get to be **SAFE** in my home and spend time with my family

I will get sick



I will self-isolate and wash my hands, this will significantly **DECREASE** my chances of getting sick

I will run out of items at home during self-isolation



I have prepared for this and I will use my items wisely. I have everything I **NEED** for now

Everything is shutting down, I'm panicking



The most **IMPORTANT** places, such as medical centers, pharmacies and grocery stores, remain open

There is too much uncertainty right now



While I can't control the situation around me, I **CAN** control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time



# ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl**

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



# An Attitude of Gratitude

During such a challenging time, it is important to take a moment and focus on what we have to be thankful for. Keeping a daily log of what we are grateful for can help us when we are going through a difficult day. If keeping a log does not interest you, consider putting up post it notes on the fridge, a sheet of paper that is added to in a common area, talking about it at dinner or reflecting before bed.

Keep it simple with listing three things each day. Some prefer to have different prompts each day. Here are some to get you started...

# 30 DAYS OF *gratitude*

- a person I'm glad to have in my life.
- something I find comfort in
- my favorite part of the morning
- my favorite memory
- an accomplishment I'm proud of
- a hidden blessing in a difficult situation
- an opportunity I'm grateful for
- my favorite song (& why)
- a life lesson I have learned
- the biggest gift in my life right now
- a future event I'm excited about
- some positive news I've gotten recently
- my favorite area in my home
- a memory that makes me smile
- something beautiful I saw today
- my favorite part of the evening
- my guilty pleasure
- one good thing that happened today
- how I show gratitude for my friends
- something I love about a family member
- something positive about my body
- a challenge I'm grateful for
- a compliment that made me feel good
- the best gift I've ever received
- the item I treasure most
- the people who mean the most to me
- my favorite part about nature
- something that made me laugh today
- a book that I loved reading
- a freedom I am grateful for



# Additional Resources



# Breakfast and Lunch Support

During the mandatory school closing, District 202 schools will provide free meal services to for any child 18 years and younger. The meals will be a cold, grab-n-go lunch which will meet the USDA guidelines.

Meal Service Times are as follows:

Families will be able to come in, grab a meal and go at the following times:

- 7:30-8:30 am: Breakfast and Lunch meals may be picked up
- 12-1 pm: Lunch meals only may be picked up
- If you are not able to pick up a meal, please call (815) 577- 4046.

Meals can be picked up at your corresponding home high school. Please enter through the assigned door. Families should pick up meals at the locations below based on student's home school:

**Plainfield East High School 12001 S. Naperville Road, Plainfield (Door N) Eichelberger Elementary, Liberty Elementary, Creekside Elementary, and Lakewood Falls Elementary John F. Kennedy Middle School.**

# Food Pantries

Plainfield Interfaith Food Pantry

22525 W. Lockport Road

Plainfield, IL 60544

Phone: (815) 439-8394

Located east of downtown Plainfield, near intersection of I-55 and Lockport.

Email: [administrator@plainfieldfoodpantry.org](mailto:administrator@plainfieldfoodpantry.org)

- 2020 Food Distribution (8:00 AM - 11:00 AM)
  - March 17<sup>th</sup>
  - April 7<sup>th</sup>, 28<sup>th</sup>
- *\*\* If you live in PSD202 and need services, please bring ID and proof of address to the pantry after 10:30 a.m. during our distribution to sign up for services. \*\**
- Items may also be picked up the Saturdays before or after the distribution date between 9 AM and 11 AM.
- No new applicants accepted on ANY Distribution Days before 10:30 AM
- Perishable Food Distribution available every Wednesday and Saturday for families registered with the food pantry



# **Covid-19**

*How to talk about it with your kids.*





## Links for Resources (will be updated):

<https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

[https://www.breathe4change.com/?utm\\_source=facebook&utm\\_medium=lead\\_gen&utm\\_content=free\\_resources\\_jan\\_20](https://www.breathe4change.com/?utm_source=facebook&utm_medium=lead_gen&utm_content=free_resources_jan_20)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

