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**LESTER C. NOECKER SCHOOL**  
ROSELAND SCHOOL DISTRICT

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# Counselor's Corner

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## Resources for Parents to help their children during the school closure:

**JUST ADDED: Resources to discuss RACISM with kids** (June 2020)

1. "Talking to Kids About Racism and Violence" (several articles)

<https://mail.google.com/mail/u/0/#inbox/FMfcgxwHNgdjMpjjzVXkWDNJpjcqISWP>

2. **Racism Resources** (Children's and Adult books, articles, podcasts, etc)

[https://docs.google.com/spreadsheets/d/1gea8yTVioPyLxwMCXQ8Xn7-5jJJE9CJI/RybsAlkSY\\_Y/edit#gid=0](https://docs.google.com/spreadsheets/d/1gea8yTVioPyLxwMCXQ8Xn7-5jJJE9CJI/RybsAlkSY_Y/edit#gid=0)

**\*\* See next page for mental health and family resources \*\***

[https://docs.google.com/spreadsheets/d/1SvbRw\\_Vlw278s9uMq6e9IE\\_qiGZ9qUS-cluQ7xjqr64/edit](https://docs.google.com/spreadsheets/d/1SvbRw_Vlw278s9uMq6e9IE_qiGZ9qUS-cluQ7xjqr64/edit) A large variety of articles and resources

<https://www.yogacalm.org/online-yoga-class/> Free online yoga classes

<https://www.mindfulschools.org/implementation-stories/screens-schooling-structure-finding-family-balance-during-the-pandemic/> Tips for family / student re: structure at home

<https://drive.google.com/drive/u/0/my-drive> Planner for creating routines

<https://www.centervention.com/mindfulness-activities-for-kids/> variety of information