



## Helping Students Cope with Change

During the COVID-19 pandemic, students' worlds have been turned upside down and some may find it harder than others to cope with the changes that have been thrown their way. Your students may reach out to you with their feelings, as you are one of the constants in their lives. Below you will find some strategies that will help you talk with your students and resources you can use to help bring about some stability and comfort to those students who need it.

### For All Students

- Help them focus on the positive
- Encourage students to verbalize thoughts
- Be honest and accurate with them at their level (see tables below)
  - Correct misconceptions
  - Personally stay up to date on current COVID-19 information
- Be a good listener
- Help them to label their feelings
- Help them determine what is in/out of their control
- Help them make a plan that focuses on what they can control
  - Include activities they find fun, relaxing, etc.
  - Include movement activities

### Early Elementary Students

- Provide brief, simple information
- Include facts about COVID-19 with reassurance that you are there to support them
- Give examples on how people stay healthy

### Upper Elementary and Middle School Students

- Separate reality from rumor/fantasy

- These students tend to ask more questions/what-ifs, so clarify as much as you can
- Discuss efforts of keeping people safe at local, state, and federal levels

### High School Students

- Refer students to sources for facts discussing COVID-19
- Provide honest and factual information about the current status

### Additional Resources

- [Helping Children Cope With Changes Resulting From COVID-19](#)
- [Helping Children Cope with Emergencies](#)
- [Helping Parents Through COVID-19 and Beyond](#)
- [Coping with Coronavirus](#)
- [Coping With Stress During Infectious Disease Outbreaks](#)
- [A Kid's Guide to Corona Virus](#)
- [Unstuck: A Kid's Guide to What to Stay Safe and Sane During the Pandemic](#)
  - Click on the link to download the PDF.