



# **FAMILY RESOURCES: COMMUNICATING WITH CHILDREN AFTER TRAGIC EVENTS**

TALKING TO CHILDREN ABOUT VIOLENCE: TIPS FOR PARENTS (PDF)

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HABLARLES A LOS NIÑOS SOBRE VIOLENCIA: CONSEJOS PARA PADRES (PDF)

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MANAGING STRONG EMOTIONAL REACTIONS (PDF)

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COMMON SENSE MEDIA: EXPLAINING THE NEWS TO KIDS

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HELPING CHILDREN COPE AFTER TRAUMATIC EVENTS

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PBS KIDS: WHEN SOMETHING SCARY HAPPENS (VIDEO SERIES AND ACTIVITIES FOR YOUNG CHILDREN)

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## **COPING SKILLS ACTIVITIES**

ACTION FOR HEALTHY KIDS: MINDFUL MOMENT (CALMING ACTIVITY WITH DISCUSSION FOR FAMILIES)

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MINDFUL BREATHING: PRINTABLE CARDS

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MOMENTO CONTEMPLATIVO: ROSA, CAPULLO Y ESPINA (ACTIVIDAD RELAJANTE PARA PROMOVER CONVERSACIÓN CON LA FAMILIA)

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RESPIRACIONES CONSCIENTES: TARJETAS IMPRIMIBLES

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Elementary Counseling Website



**FOR ADDITIONAL RESOURCES PLEASE  
CONTACT YOUR SCHOOL COUNSELOR.  
WE ARE HERE FOR YOU.**

*Orange Unified Elementary Counseling Team*

