

This page is to provide information during the Coronavirus

Counseling Services:

Black Hawk Elementary School Counselor is available through email: Anthony.Raaphorst@k12.sd.us

If your student is currently enrolled with BMS for counseling, contact the BMS office at 343-7262.

Rapid City Area Resources

[Rapid City Helping Hands Guides](#) (includes map)

[Rapid City Basic Needs Guide](#)

[Black Hills Early Learner Resource Guide](#)

[Black Hills Behavioral Health Guide](#)

Emergency: Call 911

Rapid City Hospital ER: 755-1000

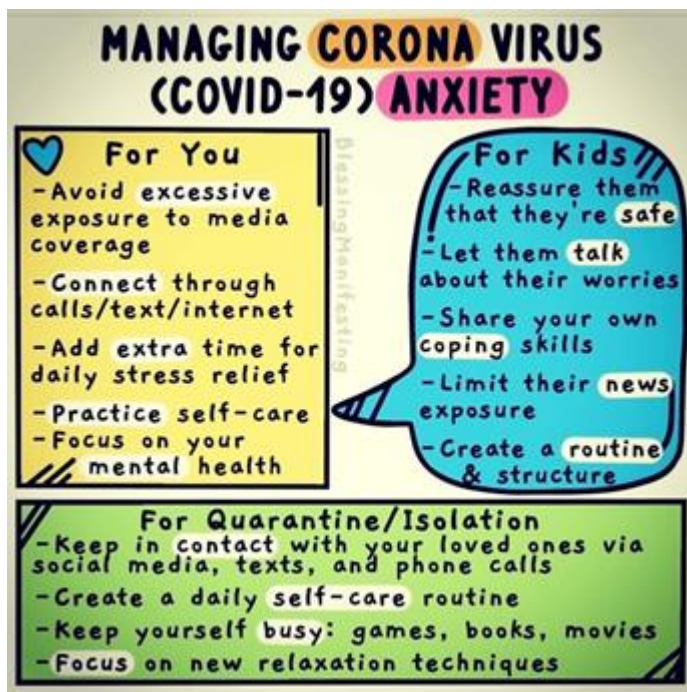
Behavior Management Systems Crisis Care: 343-7262

National Suicide Prevention Lifeline: 1-800-273-8255

National Suicide Text Line: Text "Connect" to 741741

When Talking to Kids about the Coronavirus:

- Don't be afraid to talk about the Coronavirus.
- Start talking by asking what they know.
- Be developmentally appropriate: answer their questions with facts and honesty. Providing too much information can be overwhelming. It is okay if you can't answer everything.
- Validate their feeling and be reassuring let them know it is okay to feel nervous and scared. Let them know it is rare and children seems to have much milder symptoms.
- Give them a sense of control: help them focus on things they can do to help such as washing their hands, eating healthy, sleeping, etc. This will help them feel empowered.
- Establish routine and schedules. This helps provide predictability and stability that they need and help reduce anxiety, worry, and stress.



A short video for elementary students:

[The Yucky Bug](#)

This page is focused on College and Career Activities.

Activities:

- Pick a letter and come up with as many jobs/careers you can think of that start with that letter!
- Go online and do a college campus virtual tour.
- Select a career and list all the different tools (vehicles, equipment, etc.) and skills used.
- Find a coloring page of the career you want.
- Create your own college (name, campus, mascot, type of college, etc).

Websites:

Careers: <https://www.bls.gov/ooh/>

(4th and 5th have worked with this one) <https://www.collegeboard.org/>

(I have not viewed all of these websites) https://www.educationworld.com/a_tech/sites/sites030.shtml

Career Conversations for Elementary School Students from the American School Counselor Association.

These are different questions to help have conversations about career.

1. If you woke up tomorrow and were an adult, what career would you like to have?
2. Tell me about something you do really well.
3. Imagine you could have a conversation with any animal. What animal would you have a conversation with? What questions would you ask?
4. If you woke up one day and were a scientist, what would you invent?
5. How do you study or do your homework?
6. What are things you like to do outside of school? Why?
7. What is a place you have visited that you liked? Why?
8. Why does it matter whether or not you try hard at school?
9. What is a goal? Can you give me an example of one you have?
10. Describe something you love learning about. What makes learning about that fun for you?
11. If you were a teacher, what would you teach your students?
 - a. How would you help your students learn?
 - b. What kind of materials would you give your students to work with to make learning fun for them?
12. What are careers you are interested in? Why are you interested in them?
13. Think of a career you might like when you grow up.
 - a. What might be something difficult that people with that career have to do?
 - b. What are some thing you would want to know about that career?
14. What are thing you like to do by yourself? With other people?
15. What are things you do every day to keep yourself safe at school?
 - a. What do you think are things that adults do to keep themselves safe at work?
16. How do you show other people you care?
17. Tell me about a time you worked in a group with other students. What was that like?
 - a. What do you like about working in groups?
 - b. What is one thing that sometimes bugs you about working in groups?
18. How are students supposed to act in school?
 - a. How are adults supposed to act at work?
19. How would your friends describe you?
20. If you could change one thing about school, what would you change?

This page is focused different things students can do at home that are fun:

Free Educational and Fun websites:

- <https://kidsactivitiesblog.com/>
- <https://www.thebestideasforkids.com/>
- <http://libguides.library.sd.gov/services/flix>
- <https://fromabcstoacts.com/>
- <https://fromabcstoacts.com/25-more-free-educational-websites-for-kids/>
- <https://www.funbrain.com/>
- <https://pbskids.org/>
- <https://kids.nationalgeographic.com/>
- <https://www.seussville.com/>
- <https://www.storylineonline.net/>
- <https://www.highlightskids.com/>
- <https://www.learningandexploringthroughplay.com/>
- <https://www.gonoodle.com/>

Other Things:

- ❖ Jump Rope
- ❖ Play-Doh
- ❖ Sing
- ❖ Dance
- ❖ Sidewalk Chalk
- ❖ Painting
- ❖ Play Outside
- ❖ Ride a Bike
- ❖ Write a Book
- ❖ Build a Fort
- ❖ Card and Board Games
- ❖ Art and Craft with stuff around the house
- ❖ Homemade Obstacle Course
- ❖ Exercise
- ❖ Lego Building
- ❖ Fly a Kite
- ❖ Take a Walk
- ❖ Coloring Pages
- ❖ Paper Airplane
- ❖ Yoga and Mindfulness can be found on You Tube
- ❖ Read
- ❖ Paint a Pet Rock
- ❖ Start a New Family Tradition