



CONNECTIONS

Tweens & Teens

ISSUE 1 | 4/10/2020

LEARNING RESOURCE

How to Talk to Teens about the New Coronavirus

[Click Here](#)

This online article includes reliable resource links for information, like Centers for Disease Control and Prevention and The World Health Organization's Myth Busters website. It's important to focus on the facts as there could be a lot of misinformation circulating online and on social media. As we all get new information every week or every day, it's okay to keep an open family dialogue and invitation to ask questions; check-ins are great for increasing our connection. We all likely have plans that have gotten cancelled (big plans and small plans), and it may feel like we're missing out on the activities we value most. It's important to have time and space to acknowledge your feelings and have those validated by others without any judgement. You may be wondering how will this impact my school next year or my plans in the future? Since we are all in this situation together, let's focus on what we can do today.


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connecting with friends

MEDIA SPOTLIGHT

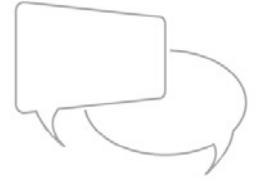
Stop, Breathe & Think Mobile App

[Click Here](#)

This app is designed to help you stop what you are currently doing, check in with your sensations and emotions, and practice mindful grounding and coping techniques. Guided breathing techniques are available in English and Spanish.

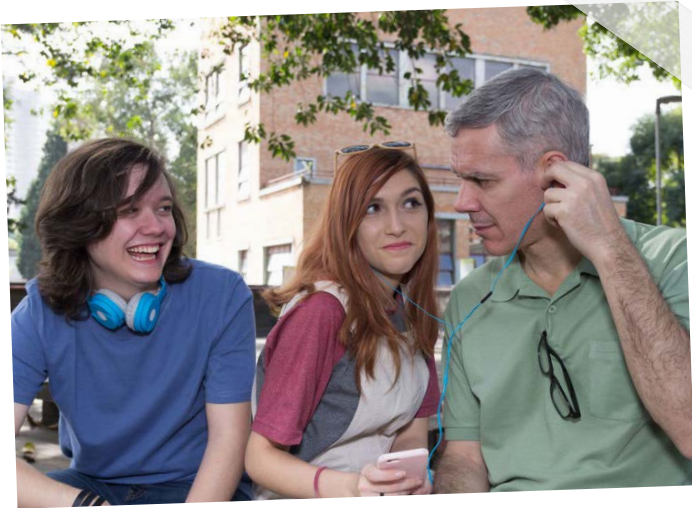


FAMILY ACTIVITY



Increasing Connection

Teens, you can use your own creativity and confidence to find tasks that help you to contribute to your family—perhaps flexing your cooking skills to make an awesome dinner or getting in a workout by mowing the lawn. This can help you feel important, valued, and empowered, which can reduce anxiety and discomfort. These family activities can also strengthen connection during this time full of changes. Now, time to take this one step further for a little fun!



For this family activity, each person in the family chooses their own empowerment song. This could be your favorite go-to song, a song that reminds you of your special person, a song that will help you feel confident in times of transition, or anything that speaks to you right now. As a family, sit down together and listen to each song. As you listen together, those cool beats might inspire someone to laugh, smile, sing along, or get up and dance! After everyone has listened to your family's empowerment songs, create a list or poster with ideas or lyrics you may have heard which can be a helpful reminder during the week that we have power and capacity to grow through changes.

Getting Social

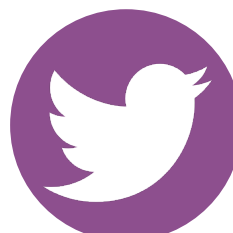
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