



HELPING OUR STUDENTS through the Afghanistan Transition

Nobody understands the challenges associated with moves more than military-connected students, and children of Afghan families will experience similar unknowns here. We believe these curated resources can be helpful in addressing many student-specific questions and in preparing them to welcome new Afghan students into our schools and communities.

MCEC WEBINAR

Topic:	Stress & Anxiety for Teens	Title:	Who Me Webinar
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<https://bit.ly/2XGxgDW>

WEBSITES

Topic:	Self-Expression	Title:	Sesame Street: Self-Expression
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<https://sesamestreetformilitaryfamilies.org/topic/self-expression/?ytid=Y2ntweEIKwU>

Topic:	Coping Skills	Title:	30 Grounding Techniques to Quiet Distressing Thoughts
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<https://www.healthline.com/health/grounding-techniques>

Topic:	Cultural Education	Title:	UNICEF: Afghanistan Education
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<https://www.unicef.org/afghanistan/education>

Topic:	Families	Title:	Elizabeth Dole Foundation: Hidden Heroes
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www.hiddenheroes.org

LESSON PLAN

Topic:	Cultural Education	Title:	Pulitzer Center Lesson on Afghanistan
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<https://pulitzercenter.org/education/lesson-plan-youth-and-education-afghanistan>

PDF

Topic:		Title:	Student Welcoming Team
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<https://bit.ly/3gqaB5r>

Please reach out for additional assistance to our Military Student Consultants with any questions or concerns at MSC@MilitaryChild.org or call (254) 953-1923 ext. 1146.