

## **COVID-19 Resources for Students and Families**

### **General Resources for Parents and Caregivers:**

- Talking to Children About COVID-19 (Coronavirus): A Parent Resource provided by the National Association of School Psychologists -  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- COVID-19 Social Stories – “Social Stories” are short descriptions of a particular situation, event, or activity that includes what the child can expect and why. These social stories are specific to COVID-19 and encourage discussion around your child’s understanding and feelings of current events-
  - [https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)
  - [https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR2spJ0sBUaboJC3UqxeqoHCZjOl2Smg1JJSn\\_CqnzL6V2CQfQf\\_JG0ohw24](https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR2spJ0sBUaboJC3UqxeqoHCZjOl2Smg1JJSn_CqnzL6V2CQfQf_JG0ohw24)
- Many children may be feeling anxious during this time of uncertainty. Here are some general tips to support them provided by The Child Mind Institute:  
<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- Visual schedules are helpful for everyone! With ample time at home, creating a visual schedule of your child’s day can add predictability and structure. Create your own visual schedule or check out these free templates -  
<https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/>

### **Programs to Support Social Emotional Learning at Home**

Social Emotional Learning (SEL) is the process through which children acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Here are some resources to promote SEL at home:

- Camp Timber Social Emotional Distance Learning - videos and worksheets suitable for students in K-5 (<https://www.camptimber.com/SELDistanceLearning/CampTimber>)
- Embrace SEL Social Emotional Distance Learning- videos suitable for middle and high school students (<https://app.embracesel.com/SELDistanceLearning/Embrace>)

- The following websites provide free SEL activities for students of all ages:
  - <https://apertureed.com/parent-portal/free-home-resources/>
  - <https://www.centervention.com/social-emotional-learning-activities/>
  - <https://www.thepathway2success.com/free-social-emotional-learning-resources/>
  - <http://movethisworld.com/supporting-mental-health-covid-19/sel-video-resources-for-home-free-access>

### **Mindfulness Practices**

“Mindfulness” is a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations. Mindfulness has been shown to promote emotional and physical well-being, and to reduce stress. Below you will find guided mindfulness practices that you can try with your children at home if desired:

- Stop, Breathe, and Think - This app offers over 20 free activities for mindfulness. For students ages 5 - 10, download the Stop, Breathe, and Think - Kids app. Both are available for free on the Apple AppStore and GooglePlay.
- Cosmic Kids Yoga - This YouTube video channel provides guided relaxation, breathing techniques, and simple yoga practices for children ages 3 +  
(<https://www.youtube.com/user/CosmicKidsYoga>)
- GoZen! YouTube Channel - Videos featuring short, engaging mindfulness practices for kids of all ages. (<https://www.youtube.com/user/gozenonline/featured>)
- Body Scan Mindfulness Practice - This simple mindfulness exercise can be done anywhere, anytime. This practice is designed to develop awareness of bodily sensations, and to relieve tension wherever it is found. This guided body scan mindfulness practice is great for both children and teens: <https://www.youtube.com/watch?v=fZdw6wm3A3E>