

## Resources for Supporting Children and Teens during COVID-19

- ♥ <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>  
(Helping Children Cope With Changes Resulting from COVID-19)
- ♥ <https://www.youtube.com/watch?v=59C1bufz7rI>  
(Making sense of COVID-19, An animation for children aged 8-12 +/- years and their parents to help them make sense of their feelings during the Covid-19 pandemic, and to reassure them that they are loved and supported ~Tracy Farrell)
- ♥ <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-parenting>  
(Tips for parenting during COVID-19, World Health Organization)
- ♥ <https://en.unesco.org/news/covid19-quick-tips-support-your-children-learning-home>  
(Tips to help your children learning from home)
  
- ♥ [Responding to Change and Loss](#), Toolkit from National Alliance for Grieving Children
- ♥ [Coping With Stress During Infectious Disease Outbreaks](#), Substance Abuse and Mental Health Services Association
- ♥ [Keeping Your Distance to Stay Safe](#) (The emotional impact of Social Distancing and how to cope), American Psychological Association
- ♥ [Talking to Children About COVID-19: A Parent Resource](#), National Association of School Psychologists
- ♥ [Creative Activities to Do With Kids At Home](#), Art With Heart
- ♥ [Social versus physical distancing](#), Actively Moving Forward
- ♥ [Strategies for Managing Anxiety and Fear in You and Your Children](#)
- ♥ [Resources to help Families during COVID-19](#)
- ♥ [Coronavirus and the Six Needs of Mourning](#)
- ♥ [How to Talk to Children About the Coronavirus Pandemic](#)
- ♥ [Helping Kids Grieve](#) (Sesame Street in Communities)
- ♥ [Seeing Other People Wearing Masks: A Story for Children](#) ~ Tara Tushell, Autism Little Learners
- ♥ [National Federation of Families for Children's Mental Health: Covid-19 Resources](#)  
(Parenting Tips Sheets)

Below are articles written by my colleagues at The Caring Place in Pittsburgh addressing the questions most often heard from caregivers about their children during the pandemic. These articles are directly related to COVID-19.

[My Child Is Worried](#) 

[Losses of Many Kinds](#) 

[More Losses of Many Kinds](#) 

[How Do We Celebrate Holidays Now?](#) 

[Feeling Off Balance](#) 

[Play Is the Work of Children](#) 

## Tend and Befriend: Self-Regulation/Self-care Practices in Difficult Times

Understanding Self-Regulation and the Window of Tolerance

<https://www.youtube.com/watch?v=ZVEDueyZ2C4>

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

Daniel Siegel:

Name It to Tame It

<https://www.youtube.com/watch?v=ZcDLzppD4Jc>

“Flipping your lid”, scientific explanation

[https://www.youtube.com/watch?v=GOT\\_2NNNoC68](https://www.youtube.com/watch?v=GOT_2NNNoC68)

Websites with practical activities for home and school.

Hey Sigmund

<https://www.heysigmund.com/>

Go Zen

[www.gozen.com](http://www.gozen.com)

Kids Yoga Stories

[www.kidsyogastories.com](http://www.kidsyogastories.com)

Calm Classroom

<https://calmclassroom.com/>

Example: Body Scan:

<https://www.youtube.com/watch?v=9mGNXsHg22w>

10 Ways to teach Healthy Coping Skills to Kids (based on zones of regulation)

<https://hes-extraordinary.com/coping-skills-for-kids>

Some Recommended APPs

- ♥ <https://www.headspace.com/meditation/kids>
- ♥ <https://www.stopbreathethink.com/kids/> (young children)
- ♥ <https://insighttimer.com/meditation-topics/children>
- ♥ <https://www.smilingmind.com.au/thrive-inside>
- ♥ <https://www.smilingmind.com.au/education>
- ♥ <https://www.gonoodle.com/>
- ♥ iChill (can be adapted to all ages)  
<https://www.traumaresourceinstitute.com/ichill>