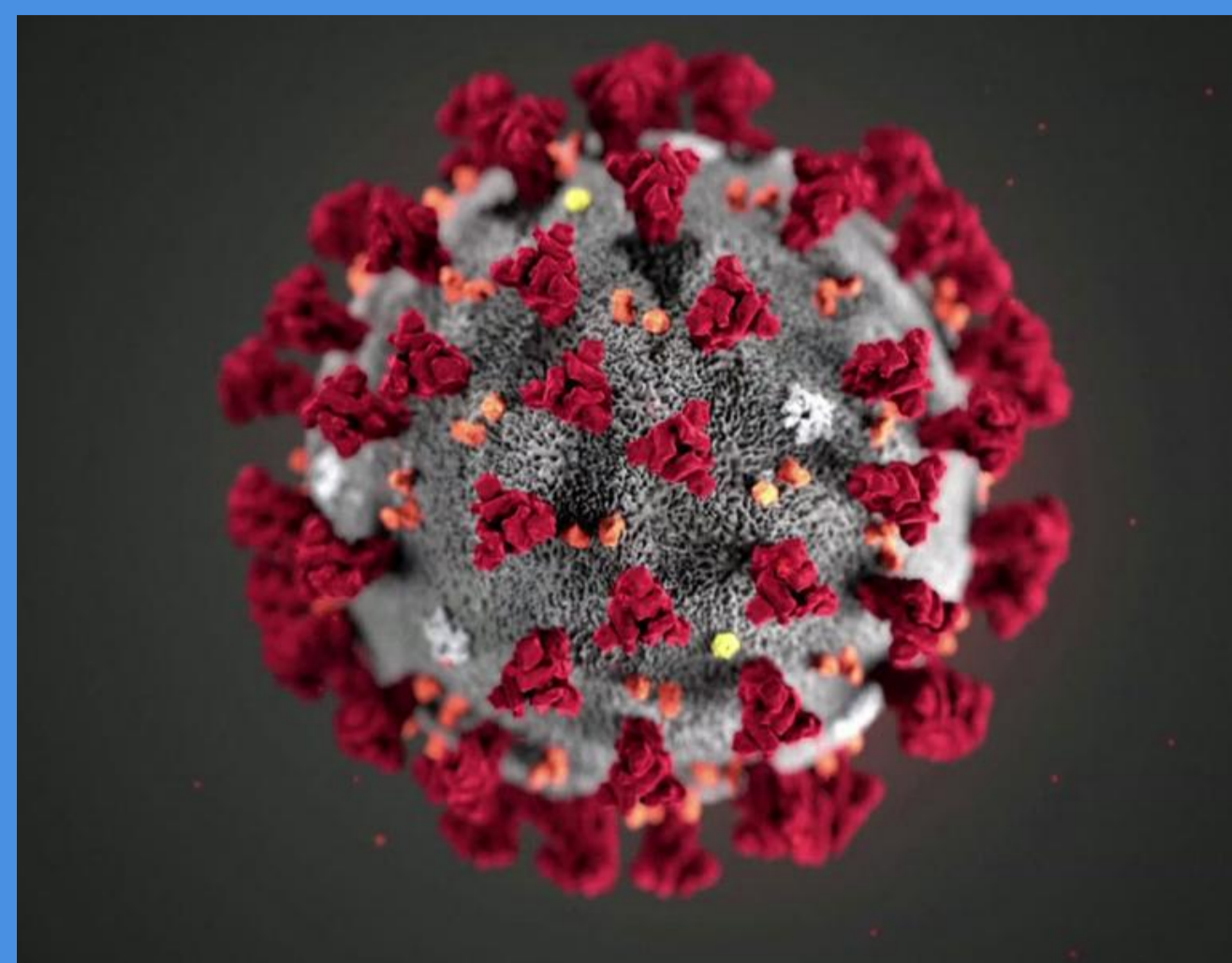


COVID-19 Resources for Parents and Educators

- How to talk to children about the crisis
- Managing fear, anxiety, and trauma
- Mindfulness and mental-health tools for kids
- Free activity books, videos, and resources



Coronavirus Resources

The [National Child Traumatic Stress Network](#) curated this extensive resource offering ways to prepare for the outbreak, reduce your risk, and cope with stress.

The [Mind Child Institute](#) created this video to answer parent's frequently asked questions.

The [Center for Disease Control](#) created this resource to clarify when and how handwashing & hand sanitizer should be used to stay clean.

Managing Anxiety

The [CDC](#) developed this resource to reassure parents that everyone responds to stress & anxiety differently. It then details ways to **manage** and **reduce stress**.

The [Child Mind Institute](#) wrote this article to help parents **avoid passing their anxiety onto kids**.

The [Substance Abuse and Mental Health Services Administration](#) developed this resource to explain **common signs of stress** (behaviorally, bodily, emotionally & cognitively) and offer **strategies to cope**.

Helping kids manage their fears

The [Child Mind Institute](#) wrote this article to offer tips for teaching kids how to **build resilience** and **calm themselves down** even when things feel scary.

Created by [The CDC](#), this **activity book** reassures kids age 3-10 in the face of a disaster. They learn to cope with their emotions; identify helpers in their life; and learn about potential effects of a disaster.

The [Child Mind Institute](#) wrote this article to explain to parents how meditation practices can help kids feel less anxious and relax.

"Most young kids will remember how their family home felt during the coronavirus more than anything specific about the virus."

Our kids are watching us and learning how to respond to stress and uncertainty.

Let's wire kids for resilience, not panic."
- Dr. Rebecca Kennedy

Mindfulness and breathing practices help children process, self-regulate and build resilience. (Sesame Street image)



Prioritize your emotional and mental wellbeing & TEACH RESILIENCE

Talk openly and honestly with your kids about the coronavirus

"In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers."

— Fred Rogers

1. [The National Association of School Psychologists](#) put out this guideline for parents to talk **calmly, reassuringly, and honestly** to their kids about coronavirus.

2. [The Mind Child Institute](#) created this video to help parents **talk to their kids** about COVID-19

3. [The Substance Abuse and Mental Health Services Administration](#) created this **tip sheet** for caregivers, parents, and teachers to talk openly to their kids (**age 0-5; 6-10; 11-19**) about infectious disease outbreaks.

Free Coloring Book: A group of mothers located around the world contributed to this book that helps children learn about, cope with and respond to the crisis.

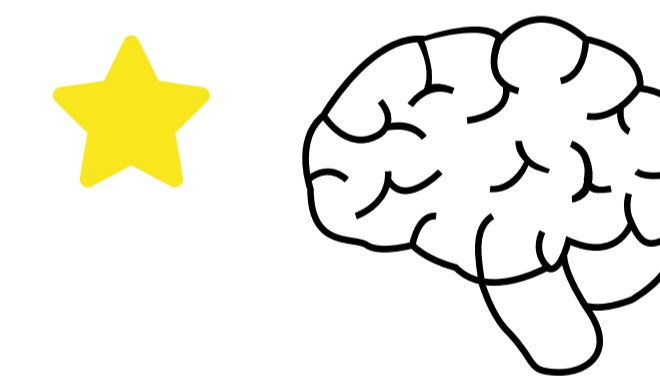
Mindfulness Videos

Have your kids do one of these a day



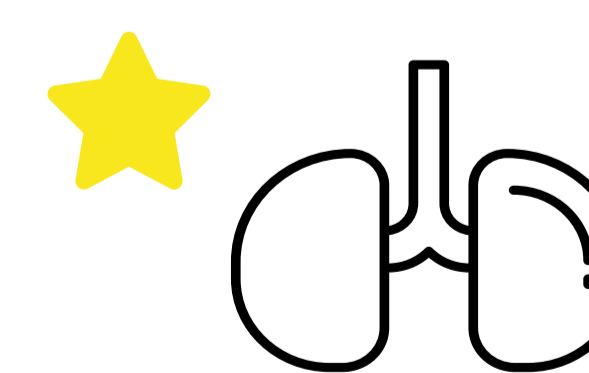
GUIDED MEDITATION

Feelings come and go. We can observe them without getting swept up. Our mind is like a pond full of fish. The fish are our feelings. If we remember to be the pond, we'll let those feelings just swim by.



MINDFULNESS EXERCISES

Learn five easy and practical mindfulness techniques kids from the age 5+ can use to self-regulate, calm down, listen to their bodies and sharpen their concentration.



LEARNING HOW TO BELLY BREATHE

Learn how to belly breathe with Elmo, singer Colbie Caillat, and rapper Common. When kids are feeling upset, one of the best things they can do is calm their breath!



YOGA FOR POSITIVE THINKING

This yoga routine follows a story that teaches kids how to build a healthy attitude. Positive thinking can inspire kids to use their mind power to do amazing things!

Interested in more resources about **healthy relationships** and **gender equity**?

Check out our website:

www.relationshipproject.com