

# Resource Packet

March 16, 2020

1. Resources for Talking to Kids About Coronavirus
2. Social-Emotional Learning Resources
3. Online Learning/Enrichment Resources
4. Mental Health Crisis Resources

[Resources for Talking to Kids About Coronavirus:](#)

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

**PBS Kids: How to Talk to Your Kids About Coronavirus**

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtrYTQoC-AH0P3H1D5QgEqQneurbBPnE\\_L6Omv30#.XmqzisKG7LA.facebook](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtrYTQoC-AH0P3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook)

**Just for Kids: A Comic Exploring the New Coronavirus from NPR**

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

**Brain Pop Video About the Coronavirus**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

**ASCA Coronavirus Resources**

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-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?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w\\_2rzqWcel\\_OdFpM](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?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

**How to Talk to Kids About the Coronavirus**

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

**Resources to Help You Talk to Your Kids About COVID-19**

<https://blackwellcounselors.weebly.com/>

**The Yucky Bug by Julia Cook**

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

**[Social-Emotional Learning Resources](#)**

**Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

**Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

**Ultimate Guide to Mental Health and Education Resources for Kids and Teens**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

**Help Your Family De-Stress During Coronavirus Uncertainty**

<https://www.common sensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

**Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com/meditate>

**Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

**Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8**

<https://www.vaview.vt.edu/>

**Interactive Tool for Job Seekers and Students to Learn More About Their Career Options**

<https://www.mynextmove.org/>

**Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

**Mindfulness Websites/Activities**

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

**Giant List of Ideas for Being Home with Kids**

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehHHSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

**Character Lessons During the Virus School Closure**

[https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r\\_oWkh4vYKsJVuzMjpnCmo7pNhhRK52IVXt\\_YmF673teM-yZilyk-M](https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKsJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZilyk-M)

**Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic**

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgl5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

**Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

**Coping Skills Resources**

[https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive\\_coping.html](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html)

**10 Days of Live 'Choose Love' Lessons For Parents and Children**

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

**Kindness Videos**

<https://www.randomactsofkindness.org/kindness-videos>



# Things Cubbies can do for Emotional Health



Practice a deep breathing technique. <b>1</b>	Make a list of all the feelings you can think of. <b>2</b>	Play emotion charades. Can your family guess your feeling? <b>3</b>	Write a letter to someone to let them know you appreciate them. <b>4</b>	Do your chores without being asked. <b>5</b>	Make a poster about KINDNESS for your classroom. <b>6</b>
Make a list of 10 ways to show respect at school. <b>7</b>	Explain to an adult what empathy means. <b>8</b>	Go outside and count how many things that are red. <b>9</b>	Make a list of 30 things you are grateful for. <b>10</b>	Practice your yoga poses for 5-10 minutes. <b>11</b>	Tell someone about 3 Positivity Project character traits. <b>12</b>
Make a list of 25 things you love. <b>13</b>	Write or draw what it means to be a good friend. <b>14</b>	Make a list of all the ways you showed kindness this week. <b>15</b>	Write about your hero. <b>16</b>	Talk to an adult about your favorite place. <b>17</b>	Write a note to someone you miss. <b>18</b>
Practice sitting still for one minute. What sounds did you hear? <b>19</b>	Name 3 ways you can calm down if you are feeling stressed. <b>20</b>	Make a card for someone you love. <b>21</b>	Draw a picture of your future self. What is your career? <b>22</b>	Make a list of things that are important to you. <b>23</b>	Read a book. What feelings did you notice as you read? <b>24</b>
Ask an adult about a career they are interested in. <b>25</b>	Try to name 10 different colleges. <b>26</b>	Name 3 things you love doing and 1 thing you want to try. <b>27</b>	Name 3 things you can do to be helpful in your community. <b>28</b>	Play a game with someone. <b>29</b>	Name 5 things you love about yourself. <b>30</b>

## Online Learning/Enrichment Resources

### Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources

<http://www.amazingeducationalresources.com/>

### Free Personalized Learning Resource

<https://www.khanacademy.org/>

### Free Online Learning Resources for Teaching Your Students Virtually

[https://www.weareteachers.com/free-online-learning-resources/?utm\\_content=1584109337&utm\\_medium=social&utm\\_source=facebook#elementary](https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary)

### Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

### Kahoot! Offers Free Distance Learning Tools During the Coronavirus Outbreak

<https://kahoot.com/coronavirus-remote-offer/>

## FUN AND FREE WAYS TO LEARN FROM HOME

<p><b>MATH:</b></p> <p>Prodigy <a href="http://play.prodigygame.com">play.prodigygame.com</a></p> <p>Khan Academy <a href="http://www.khanacademy.org">www.khanacademy.org</a></p>  	<p><b>READING:</b></p> <p>Squiggle Park <a href="http://www.squigglepark.com">www.squigglepark.com</a></p> <p>Storyline <a href="http://www.storylineonline.net/">www.storylineonline.net/</a></p>  
<p><b>SCIENCE:</b></p> <p>Mystery Doug <a href="http://mysterydoug.com">mysterydoug.com</a></p> <p>National Geographic <a href="http://kids.nationalgeographic.com">kids.nationalgeographic.com</a></p>  	
<p><b>WRITING:</b></p> <p>Typing Club <a href="http://www.typingclub.com">www.typingclub.com</a></p> 	<p><b>SOCIAL STUDIES:</b></p> <p>History for Kids <a href="http://www.historyforkids.net">www.historyforkids.net</a></p> 

THAT FUN TEACHER

## Mental Health Resources

### **Mental Health Resources and Emergency Services Information (National and Local Crisis Resources)**

<https://omh.ny.gov/>

<https://omh.ny.gov/omhweb/childservice/>