**Elementary Family Resources**

**How to Explain the Coronavirus-19 to Children**

Explaining the Coronavirus-19 to children can be challenging. Please use these resources to help you explain this complicated concept to children.

Videos**:**

* [Julia Cook reads The Yucky Bug (K-2 grade)](https://safeyoutube.net/w/lA32)
* [Vimeo (2-6 grade)](https://vimeo.com/397899155)
* [Brain Pop Video](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/)
* [Just for Kids: Comic Exploring the New Coronavirus from NPR](https://www.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U&app=desktop)
* [How to Talk to Your Kid about Coronavirus](https://www.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be&app=desktop)

Documents**:**

* [Coronavirus-19 Social Story](https://drive.google.com/file/d/1eqIgqUrON8Ezk3PkLKWs6ukyJOIyoelS/view?usp=sharing)
* [Yucky Bug PowerPoint](https://drive.google.com/file/d/1Cu934Mum_Ixey8kGyYrRgSaNx1Bdm9rY/view?usp=sharing)
* [A Story to Help Children Understand Coronavirus](https://static1.squarespace.com/static/595fb0d16a49632afb7e2c00/t/5e73cf66459c9d6afea2bb10/1584648075946/Coronavirus+Story+for+Children.pdf) from Music City Counselor
* [Coronavirus Talksheet](https://drive.google.com/file/d/1PPrmj7iGDb6EeQfW2-3y9M3BupASgR2f/view?usp=sharing) from Counselor Keri
* [PBS How to Talk to your Kid about Coronavirus](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook)
* [Talking to Your Child About COVID-19: 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_2rzqWceI_OdFpM)

**Socio-Emotional Activities**

Many counselors around the country have been sharing resources for families to help with Social-Emotional Learning. The resources below are options to help. Please click on them as fun activities to help during this challenging time.

* [SEL Scavenger Hunt](https://drive.google.com/file/d/1_xMin4w5m5T6cC5y_8YLp9oJ2_6s7jsa/view?usp=sharing)
* [25 At Home Socio-Emotional Activities](https://drive.google.com/file/d/165J-w6BUFOQyBC_RkeyL54FYKNZihJ6r/view?usp=sharing)
* [Centervention Website](https://www.centervention.com/social-emotional-learning-activities/)
* [30 Things Kids Can Do](https://drive.google.com/file/d/1X3W80nFEyX48UibIQNK5__MtnDJInRBr/view?usp=sharing)
* [School Closure Wellness Activities](https://docs.google.com/document/d/1C1ctZ-LoiaFsvcjjmdgWODt8h1V37I389sSxE1VjVRw/edit?usp=sharing)
* [Howard B. Wigglebottom Books, Animated Books, Songs, Posters, and Lessons](https://wedolisten.org/)
* [Giant List of Ideas for Being Home with Your Kids](https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic?urp=gmail_link)
* [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=IwAR06lgI5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSecpAZfW2e2AcOYt3Kk)
* [BrainPop Videos and Activities](https://jr.brainpop.com/health/)
* [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)

**Calming Activities**

* [Calm My Worry](https://drive.google.com/file/d/1sM7Wcp0ZkORqleoC2-UVDcY0h2zuyUlv/view?usp=sharing)
* [Coloring Pages](https://docs.google.com/document/d/1HOvxbrl5cs8lA0bh1HWEeEPwb9HcFbC9y08W0FeNCLc/edit?usp=sharing)
* [Action for Happiness Coloring Posters](https://drive.google.com/file/d/1-STyL3_-suzlq62jgVNAqe8NXMzBd82m/view?usp=sharing)
* [Grounding Techniques Instructions](https://drive.google.com/file/d/1DHholUf1lODNRPXTfzP_9w6U358hoCZb/view?usp=sharing)
* [Keys to Resiliency](https://drive.google.com/file/d/12c1PgmH0eP-eRSL0H-mgBp-rSALLlGtC/view?usp=sharing)
* [Coronavirus Stress Activities](https://brightfutures-counseling.com/corona-download) - from Bright Futures Counseling
* [Mindfulness Choice Board](https://www.teacherspayteachers.com/Product/Mindfulness-Choice-Board-5336134?fbclid=IwAR2S5qZ2nVmmqyPWydI3GARWRNbUhW1IRZIdIKSSWFCqKatxrH88gxvzCTA) - Free Download on Teachers Pay Teachers from Mindful Counselor Molly
* [Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](https://www.youtube.com/user/CosmicKidsYoga)
* [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)
* [Coping Skills Resources](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html)
* [Mini Meditation](https://www.youtube.com/watch?v=c1Ndym-IsQg&feature=youtu.be&fbclid=IwAR0IhOpgd0dYafFH17xpGZ0iNtKNnPTNaAx-3uvGhBWAeZnaRkbIQEvn49c)
* [Down Dog App (Yoga)](https://www.downdogapp.com/) - Free til April 1
* [Feeling Anxious or Worried? Listen to These 8 Podcasts](https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/?fbclid=IwAR0b6pWdIhlyc3gOntIoA2zI8NGjI4ZYmkXqSJ480MEx94rD9auDXwf-sVk)
* [Apps, Games, Websites](https://www.commonsensemedia.org/lists/movement-apps-games-and-websites?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332605&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email)
* [Device Free Dinner](https://www.commonsensemedia.org/device-free-dinner?j=7698356&sfmc_sub=185285434&l=2048712_HTML&u=143332606&mid=6409703&jb=2404&utm_source=covid19_resources_jim&utm_medium=email)
* [Free Calming Tools Website](https://www.constantloveandlearning.com/coping-tools?fbclid=IwAR3-1V3RhUYMCQSrzx5TCUtpgJHIUcAbN-IjXVhh8WxeWaJAeZs1ldoujA8)
* [Whole Child Counseling Website](https://www.wholechildcounseling.com/?fbclid=IwAR0K2_y5mVKn7KDkWp6fXcGSRqWFjtHXvAkN39y8xULGMlPF85ZJ5x7Rhzs)

**Mental Health First Aid**

* [Self-Care/Mental Health (Covid-19)](https://docs.google.com/document/d/19_hn-hQJWtSWOuaMmBUtfZs7DW0cfvmU2yPpkRdyikE/edit?usp=sharing)
* [Love in a Time of Corona:A Homebound Self-Care Guide for Parents and Students](https://drive.google.com/file/d/16J2W0N1vbdI6oDTk3frg9JrgCSau5-fa/view?fbclid=IwAR0AnaAPwdswxw7PT0atFY5_yT-07fhyF-1Rt2P5snpAsZXA7R1GUiv3muU) - from School Counselor Stephanie
* [ASCA Coronavirus Resources](https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources)
* [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/)
* [Taking Care of Your Mental Health in the Face of Uncertainty](https://mailchi.mp/afsp/2019-end-of-year-2268104?fbclid=IwAR3nmUu6zCf3JdUVpdFyBJKOJUvaTHph20zArPSqVBRpIvH_3LtFsdry7G8)
* [5 Ways to Help Teens Manage Anxiety about the Coronavirus](https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?smtyp=cur&smid=tw-nytimeswell&fbclid=IwAR3_1TFVnuDQ_A_PG8ee6yVUEEIV6y8QyezwiR8k9CdfJ3tOJyge5uDnzp0)
* [Stress/Worry](https://gozen.com/)