

## Resources during Covid-19

### **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/helping-children-cope-with-changes-resulting-from-covid-19>

### **Reduce Student Anxiety (And Your Own):**

[https://www.common sense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc\\_sub=179466459&l=2048712\\_HTML&u=143457638&mid=6409703&jb=366&utm\\_source=edu\\_nl\\_20200317&utm\\_medium=email](https://www.common sense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc_sub=179466459&l=2048712_HTML&u=143457638&mid=6409703&jb=366&utm_source=edu_nl_20200317&utm_medium=email)

### **Virus Anxiety Resources:**

<https://www.virusanxiety.com/take-care>

### **Managing Anxiety Around Covid-19:**

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

### **Regulating Emotions in a Covid-19 World:**

<https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294>

### **Supporting Learning and Well Being During the Coronavirus Crisis:**

[https://ggie.berkeley.edu/school-challenges/supporting-learning-and-well-being-during-the-coronavirus-crisis/?utm\\_source=Greater+Good+Science+Center&utm\\_campaign=e7dbde7ceb-ED\\_NEWSLETTER\\_MARCH\\_2020&utm\\_medium=email&utm\\_term=0\\_5ae73e326e-e7dbde7ceb-74672199#tab\\_3](https://ggie.berkeley.edu/school-challenges/supporting-learning-and-well-being-during-the-coronavirus-crisis/?utm_source=Greater+Good+Science+Center&utm_campaign=e7dbde7ceb-ED_NEWSLETTER_MARCH_2020&utm_medium=email&utm_term=0_5ae73e326e-e7dbde7ceb-74672199#tab_3)

### **Wellness Resources for Educators (Breathe for Change):**

<https://www.breathe4change.com/educators--schools.html>

### **Equity and Diversity and Inclusion:**

<https://www.morningsidecenter.org/teachable-moment/lessons/coronavirus-counteracting-biased-responses>

<https://cyberbullying.org/coronavirus-online-learning-social-isolation-cyberbullying>

<https://www.tolerance.org/frameworks/digital-literacy>

<https://www.tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus>

<https://www.adl.org/blog/the-coronavirus-surfaces-fear-stereotypes-and-scapegoating>

## **Parenting Resources:**

### **Elementary**

[https://www.common sense media.org/lists/apps-to-help-kids-stay-focused?j=7698356&sfmc\\_sub=179466459&l=2048712\\_HTML&u=143332598&mid=6409703&jb=2163&utm\\_source=covid19\\_resources\\_jim&utm\\_medium=email](https://www.common sense media.org/lists/apps-to-help-kids-stay-focused?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332598&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)

<https://www.imagine neighborhood.org/?fbclid=IwAR2DM6rb2FAa73o9KV4smTr9zI48pZ1-rR5YwwpkxtPSPJR3qQAQUXJztk8>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

### **Secondary**

[https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet\\_HEMOT\\_english.pdf](https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf)

<https://www.breathe4change.com/>

<https://drive.google.com/file/d/1rL2kOHKgMYzGxfIQoQLyggzLNIU-25rc/view>

<https://files.constantcontact.com/23250e88301/79bb103d-d9f8-4ae0-bc77-d3db7b031bf7.pdf>

<https://www.virusanxiety.com/take-care>