

Resource Packet
Chauncey Davis Elementary
Social and Emotional Health
March 17, 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:

Talking to Children About COVID-19

<https://www.mindheart.co/descargables>

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-AHoP3H1D5QgEqQneurbBPhE_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_2rzqWceI_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_2rzqWceI_OdFpM)

How to Talk to Kids About the Coronavirus

<https://m.youtube.com/watch?v=WWhVad8ToCiU&feature=youtu.be>

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 sense media.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>

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/1o6KEgCKLn3cyIm2hehhhSTIk7YRTdoC3zX49JS4wwCI/mobilebasic>

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=IwAR06lgI5U3ea2sRtIGBKpEVHCLB9LDsDCkoujJKUsecpAZfW2e2ACOYt3Kk>

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

Kindness Videos

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

Online Learning/Enrichment Resources

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

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/>

Mental Health Crisis Resources

National Suicide Prevention Lifeline: 1-800-273-8255

Suicide Lifeline: 800-273-8255

Teen Link (Suicide hotline): 866-833-6546

Crisis Text Line: 741741

Lifeline Crisis Chat

<https://suicidepreventionlifeline.org/chat/>

Pacific County Crisis line, Great Rivers Behavioral Health: 1-800-803-8833 (*Crisis lines are available for all Washingtonians (regardless of your insurance status or income level.)*)