Information from the CDC on Managing stress and Anxiety related to the Coronavirus

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

Info sheet on fears and anxiety regarding coronavirus

https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf

How to talk to Children and Youth

https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about

Anxiety and Depression Association of American: numerous links to sites

https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources

Just for Kids: A comic exploring the new Coronavirus

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

The ultimate kids guide to the new coronavirus

https://www.livescience.com/coronavirus-kids-guide.html

Talking to kids about coronavirus

https://childmind.org/article/talking-to-kids-about-the-coronavirus/

What to do with kids now that schools are closed

https://evanstonnow.com/story/education/bill-smith/covid-19/2020-03-16/84316/what-to-do-with-kids-while-schools-are-closed

Anxiety Canada: What to do if you are nervous or worried about coronavirus

https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/

Small space activities to get kids moving inside

https://www.gonoodle.com/

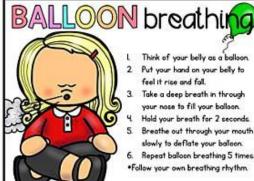
From the National Association of School Psychologists.

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



- 1. Stretch your hand out like a star.
- 2. Get your pointer finger ready to trace your fingers up and down.
- 3. Slide up each linger slowly slide down the offser side
- 4. Breate in through your nase out through your mouth.
- Put It together and breathe in as you slide up and breathe out as you slide down Keep going until you have finished tracing your hand.





- L Think of your belly as a balloon. Put your hand on your belly to
- 3. Take a deep breath in through your nose to fill your balloon.

feel it rise and fall.

- Hold your breath for 2 seconds.
- 5. Breathe out through your mouth slowly to deflate your balloon.
- 6. Repeat balloon breathing 5 times.
- *Follow your own breathing rhythm.







I have a lot of different feelings. Sometimes things are going really well. During these times I feel happy and calm.





