

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](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)

CALM DOWN WITH TAKE 5 BREATHING

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 finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. 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.



BALLOON breathing

1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.
3. Take a deep breath in through your nose to fill your balloon.
4. 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.



Rainbow Breathing

Red
Orange
Yellow
Green
Blue
Indigo
Violet

Turtle Breaths



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

