

WEBSITES

HELPFUL SITES FOR TEACHERS & PARENTS

Searching the Internet for quality information can be a tough task. The following links make it much easier!



TALK ABOUT IT...

Talking about COVID-19 with your child eases anxiety, these sites make it easier!

About Child Trauma

Talk to the Kids About COVID-19 with These 5 Easy Tips

BrainPOP Video and Lesson Plan About Coronavirus

Read-aloud Coronavirus Safety for Children Book

How To Talk to Children and Teens About World Trauma

How To Talk To Your Child About Traumatic Events

How to Talk to Kids About Scary News

SESAME STREET: Traumatic Experiences



CHANGE IS GOOD...

COVID-19 has brought along many changes to our daily lives, this site helps you navigate it!

7 Ways to Help Kids Cope With Big Life Changes



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LET'S TALK FEELINGS...

Talking about emotions and feelings with your child normalizes their experience, these sites help you start the conversation!

[Fear & Anxiety An Age By Age Guide](#)

[Helping Kids Handle Worry](#)

[How to Help Children Manage Fears](#)

[Feelings & Emotions Game](#)

STRESS & RESILIENCE

Change can bring about stress in your child, these sites help you conquer it!

[How To Strengthen Children and Teens Against Anxiety After News of a World Trauma](#)

[Stress Management: Helping Your Child With Stress](#)

[Building Resilience in Stressed Kids](#)

[How to Support Your Child's Resilience in Times of Crisis](#)

[49 Phrases to Calm an Anxious Child](#)

BE CALM...

Keeping yourself and your child calm during stressful times helps alleviate anxiety.

[Calming Anxiety in Children](#)

[3 Breathing Exercises To Calm Kids of All Ages](#)

[8 Ways to Bring Mindfulness Into Your Family](#)



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CABIN FEVER...

It's only so long we can stay inside without getting bored, look here for inspiration!

Here We Are: Getting the Most Out of Waiting it Out

Health Benefits of Arts and Crafts for Kids

21 Vision Board Questions for Kids

31 Fun Writing Ideas

52 Journal Prompts for Kids on Self Esteem and Confidence

100 Art Therapy Exercises to Make Your Mind, Body and Spirit Sing

100 Art Therapy Exercises for Children and Adults

100 Activities to Build Character

All For The Boys Activities



LET'S GET MOTIVATED!

Online learning is new for most students. Check out these sites for ways to keep learning going!

Empowering Parents: Laziness & Motivation

Scholastic Learn At Home

