

Social Emotional Resources:

Help children understand the changes they are seeing around them. These sources will help you know how to talk with your children about COVID-19 and the steps our school and communities are taking to keep everyone healthy.

Help children be aware of their emotions: <https://sel4us.org/blog/social-emotional-learning-supports-around-covid-19/>

Help children cope with Coronavirus anxiety: <https://www.edc.org/blog/5-ways-help-children-cope-coronavirus-anxiety>

Understanding emotions while wearing masks:
https://challengingbehavior.cbcs.usf.edu/docs/Wearing-Masks_Tipsheet.pdf

Picture Books on different “going back to school” topics:
https://www.autismlittlelearners.com/2020/07/covid-19-related-stories-for-schools.html?fbclid=IwAR09rBEKsn3N8Er4-dsrDgyfu9PGMi5APouHqICOVCFDPC3EG5r6_Pi5DeE

COVID-19 Related Resources For Parents to Use for Their Children:

Teach your kids about handwashing: <https://www.cdc.gov/handwashing/handwashing-family.html>

How to talk with your family about coping. Resiliency and other strategies:
<https://childmind.org/coping-during-covid-19-resources-for-parents/>

How to talk with young Children about Coronavirus, Videos and games for children to understand handwashing and fighting germ spread: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?>

Supporting Children’s Emotional Wellbeing: <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>