**Resource Packet**

**Cub Run Counseling**

**March 13, 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.fcps.edu/blog/talking-children-about-coronavirus>

**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-AH0P3H1D5QgEqQneurbBPnE_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>

**How to Talk to Kids About the Coronavirus**

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

**Resources to Help You Talk to Your Kids About COVID-19**

<https://blackwellcounselors.weebly.com/>

**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.commonsensemedia.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>

**Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8**

<https://www.vaview.vt.edu/>

**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/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

**Character Lessons During the Virus School Closure**

<https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZiIyk-M>

**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=IwAR06lgI5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSecpAZfW2e2AcOYt3Kk>

**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>

**10 Days of Live ‘Choose Love’ Lessons For Parents and Children**

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

**Kindness Videos**

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



**Online Learning/Enrichment Resources**

**Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources**

<http://www.amazingeducationalresources.com/>

**Free Personalized Learning Resource**

<https://www.khanacademy.org/>

**Free Online Learning Resources for Teaching Your Students Virtually**

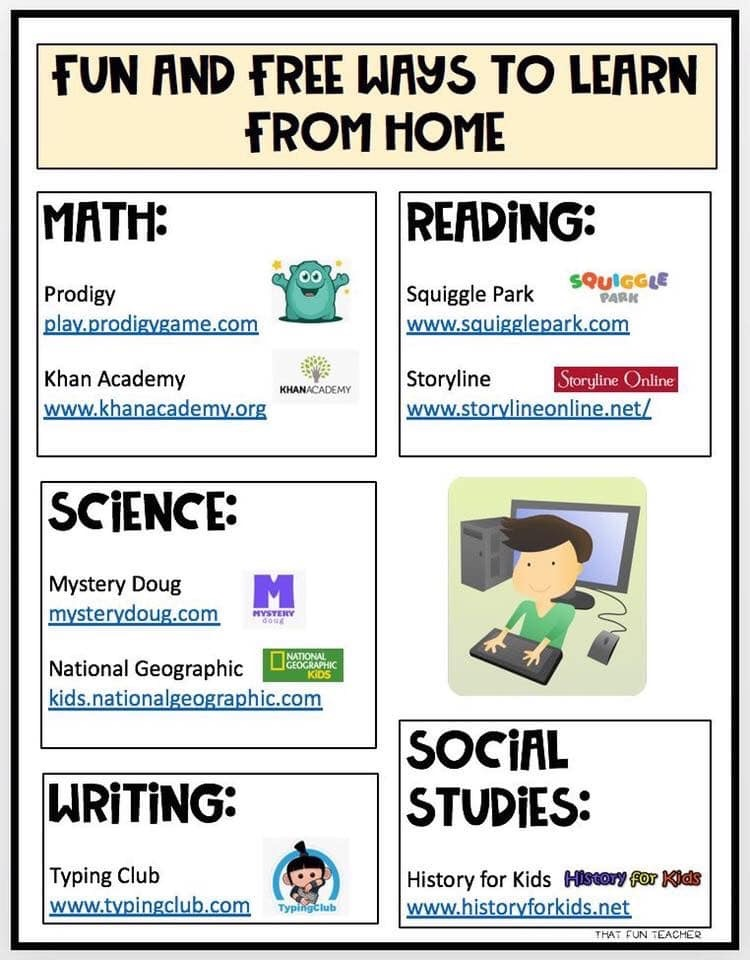
<https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary>

**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 Resources**

**Mental Health Resources and Emergency Services Information (National and Local Crisis Resources)**

<https://www.fcps.edu/resources/student-safety-and-wellness/school-psychology-services/mental-health-resources-and>

