

Information to Help Children Deal with Coronavirus

[*Anxiety in Children After a World Trauma*](#)

[*Help Kids Feel Calm*](#)

Helping kids manage anxiety during the pandemic

[*Helping Kids Manage Anxiety During the Pandemic*](#)

Preparing your child to learn at home

[*Preparing Your Child to Learn At Home*](#)

When your child doesn't understand coronavirus...

[*When Your Child Doesn't Understand Coronavirus*](#)

Free Yoga & Mindfulness Activities!

[*Free Yoga & Mindfulness Activities*](#)

Motivators

[*https://youtu.be/h97eEjIXqxo*](https://youtu.be/h97eEjIXqxo)

What every student should know

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox?projector=1>

Breathing: flower and candle poster

<https://omazingkidsyoga.files.wordpress.com/2011/11/yoga-breathing-visual-support-flower-and-candle>

Zones of regulation poster

<https://i.pinimg.com/originals/ca/89/08/ca8908fb54c620c14725facd713ef90e.jpg>

For Parents: Helping Children Cope with Changes Resulting from COVID-19

Tips for what to tell children and how to help them manage the changes

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	 DID A HOBBY
used a coping skill	 LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT STUFF DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

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