

FOR PARENTS

Resources for talking to your kids about COVID-19

Child Mind Institute: [Talking to Kids About Coronavirus](#)

PBS for Parents: [How to Talk to Your Kids about Coronavirus](#)

Education Week: [How Teachers are Talking to Students About the Coronavirus](#)

[Parent Handout on Coronavirus](#)

[Article on supporting kids who are worried at home](#)

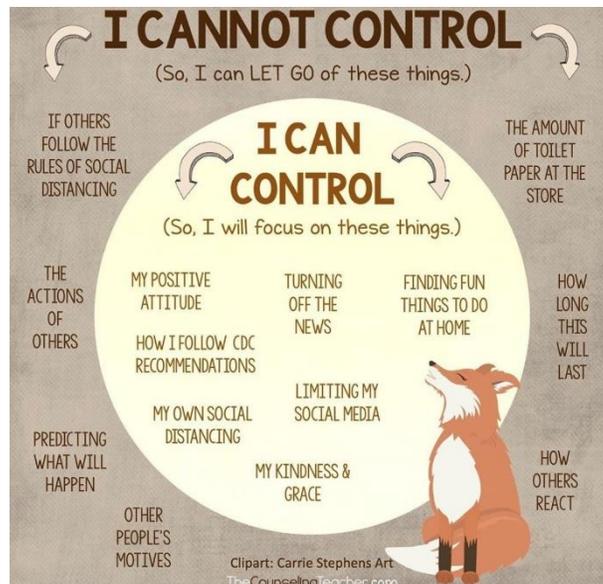
[A Trauma-Informed Approach to Teaching Through Coronavirus](#)

FOR STUDENTS

[Student Handout on Coronavirus](#)

BRAINPOP: [Coronavirus video for children](#)

1



Technology Apps and Resources for Families



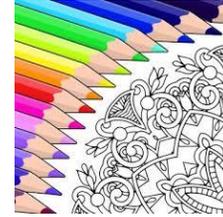
Breathe2Relax

This app is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Stop, Breathe, and Think

This app is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.



Colorfy

Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down.



Three Good Things: A Happiness Journal

It's been shown that if you write down three good things that happen to you everyday, your happiness and positivity increase. Three Good Things, a happiness journal, enables you to do exactly that with a simple user-interface and gamification to encourage engagement.



Calm

This app is another mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories.



Mindshift

This app helps manage and decrease anxiety for people of all ages, and is used across the world.



Smiling Mind

START YOUR MINDFULNESS JOURNEY TODAY! Smiling Mind is a FREE mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind.



SuperBetter

SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult obstacles. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.