

### **Resources for Parents**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources>

[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](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)

[https://www.youtube.com/watch?v=WhVad8ToCiU&feature=emb\\_title](https://www.youtube.com/watch?v=WhVad8ToCiU&feature=emb_title)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

### **Resources for Mental Health during Pandemic**

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

<https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>

<https://www.fox8live.com/video/2020/03/20/mental-health-during-crisis-dr-roy-salgado/>

### **Guided Imagery for kids (relaxation)**

[https://www.youtube.com/playlist?list=PLM\\_5z7EKcBv-GW4P5r-Y8hPkCOqQ3H8I7](https://www.youtube.com/playlist?list=PLM_5z7EKcBv-GW4P5r-Y8hPkCOqQ3H8I7)

[https://www.youtube.com/watch?time\\_continue=1&v=wf5K3pP2IUQ&feature=emb\\_title](https://www.youtube.com/watch?time_continue=1&v=wf5K3pP2IUQ&feature=emb_title)

### **Guided Imagery for adults (relaxation)**

[https://www.youtube.com/watch?v=BDQKFXeC2Dc&feature=emb\\_title](https://www.youtube.com/watch?v=BDQKFXeC2Dc&feature=emb_title)

[https://www.youtube.com/watch?time\\_continue=26&v=xoYnqvadurg&feature=emb\\_title](https://www.youtube.com/watch?time_continue=26&v=xoYnqvadurg&feature=emb_title)

### **Yoga (Mindfulness for Parents and Children together)**

[https://www.youtube.com/watch?v=5z7lN343goo&feature=emb\\_title](https://www.youtube.com/watch?v=5z7lN343goo&feature=emb_title)