

Coronavirus Resources

FOR KIDS, PARENTS,
COUNSELORS &
EDUCATORS

Caring for You and Your Family's Stress

Since stress depletes the immune system, I want to share some resources for stress relief. You can help your children by modeling for your family how to use healthy coping skills and self-care strategies when faced with a crisis. **CHOC Children's** has some great [guided imagery](#) available. Check out this [list of apps](#) that are good for anxiety and stress relief. **SAMHSA** also offers this resource with tips for [Coping With Stress During Infectious Disease Outbreaks](#).

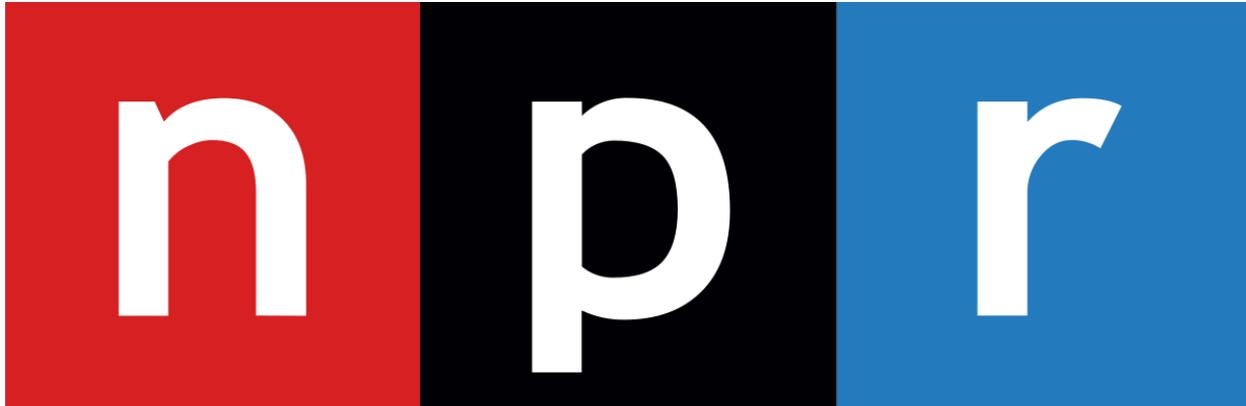
[Shine](#) has teamed up with [Mental Health America](#) to offer this great well-being toolkit that includes articles, meditations, access to mental health experts, anxiety screenings, and more through [Virus Anxiety](#).

[American Foundation for Suicide Prevention \(AFSP\)](#) also published an article, [Taking Care of Your Mental Health in the Face of Uncertainty](#), with great tips outlining how to "separate what is in your control from what is not, do what helps you feel a sense of

safety, get outside in nature—even if you are avoiding crowds, challenge yourself to stay in the present and stay connected and reach out if you need more support."

Resources for Kids

NPR has published a **comic for kids** about the coronavirus by Malaka Gharib. There is also a free pocket-sized folding printable zine version as well. Directions for folding are available here. A Chinese language version is also available.



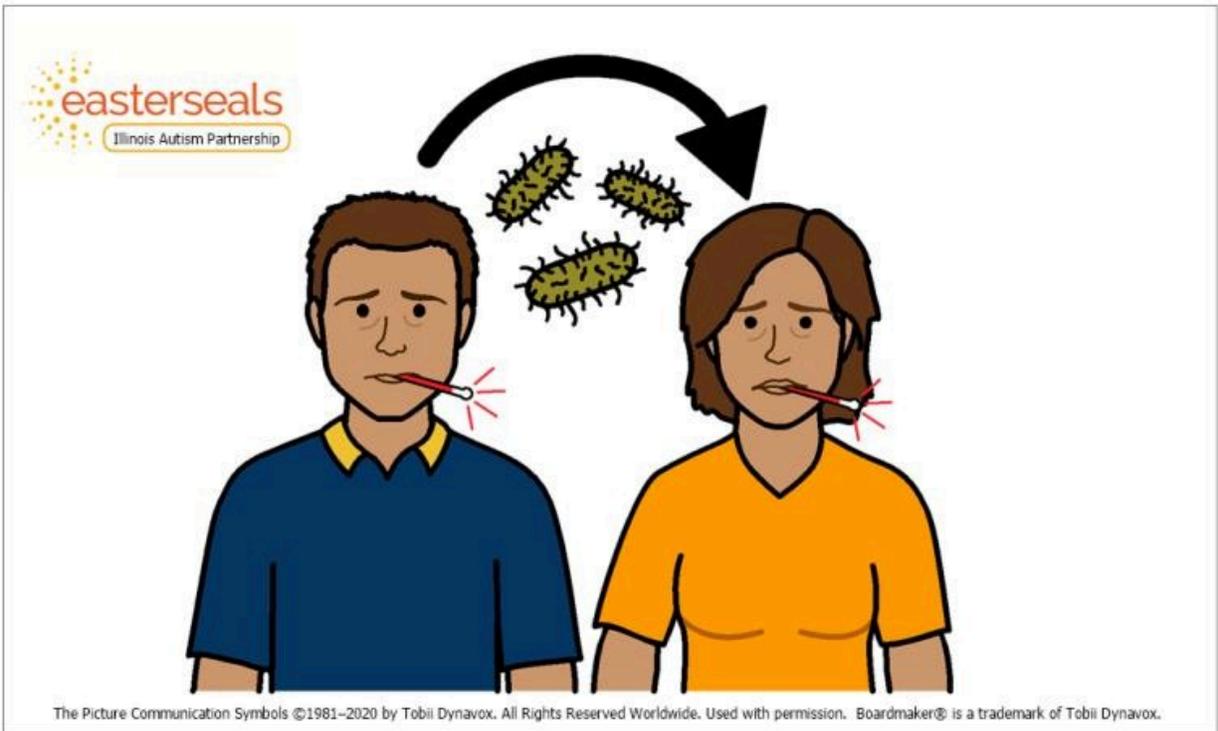
Brainpop has a great video with facts and some lessons on the Coronavirus. Sharing facts is helpful to reduce some of the anxiety so children don't have misinformation.



Author, **Julia Cook**, has written a book that was illustrated by children called **The Yucky Bug** which you can [view here](#). She also has some handouts and poster companions which are available through [Teachers Pay Teachers](#) for free.

The Illinois Autism Partnership has created a [social story about school cancellations](#).

My Coronavirus Story



Teaching Differently is offering a [printable social story](#) about Coronavirus.

CORONAVIRUS

social story

by Teaching Differently



What's the Corona' us?

The coronavirus is a new type of virus, or illness. Some people call it COVID-19. A virus can make people feel sick.

When someone has the coronavirus, they may cough and have a fever. Just because someone is sick doesn't mean they have the coronavirus. Other viruses, like the cold or flu, can also make people cough or have a fever.

Most people with the coronavirus can stay at home and rest to get better. They will need to stay home for awhile so that they don't get other people sick.

A few people with the coronavirus may need to go to a hospital so a doctor can help them feel better.

The coronavirus usually doesn't make kids very sick. But there are still some things I should do to keep myself and other people healthy!

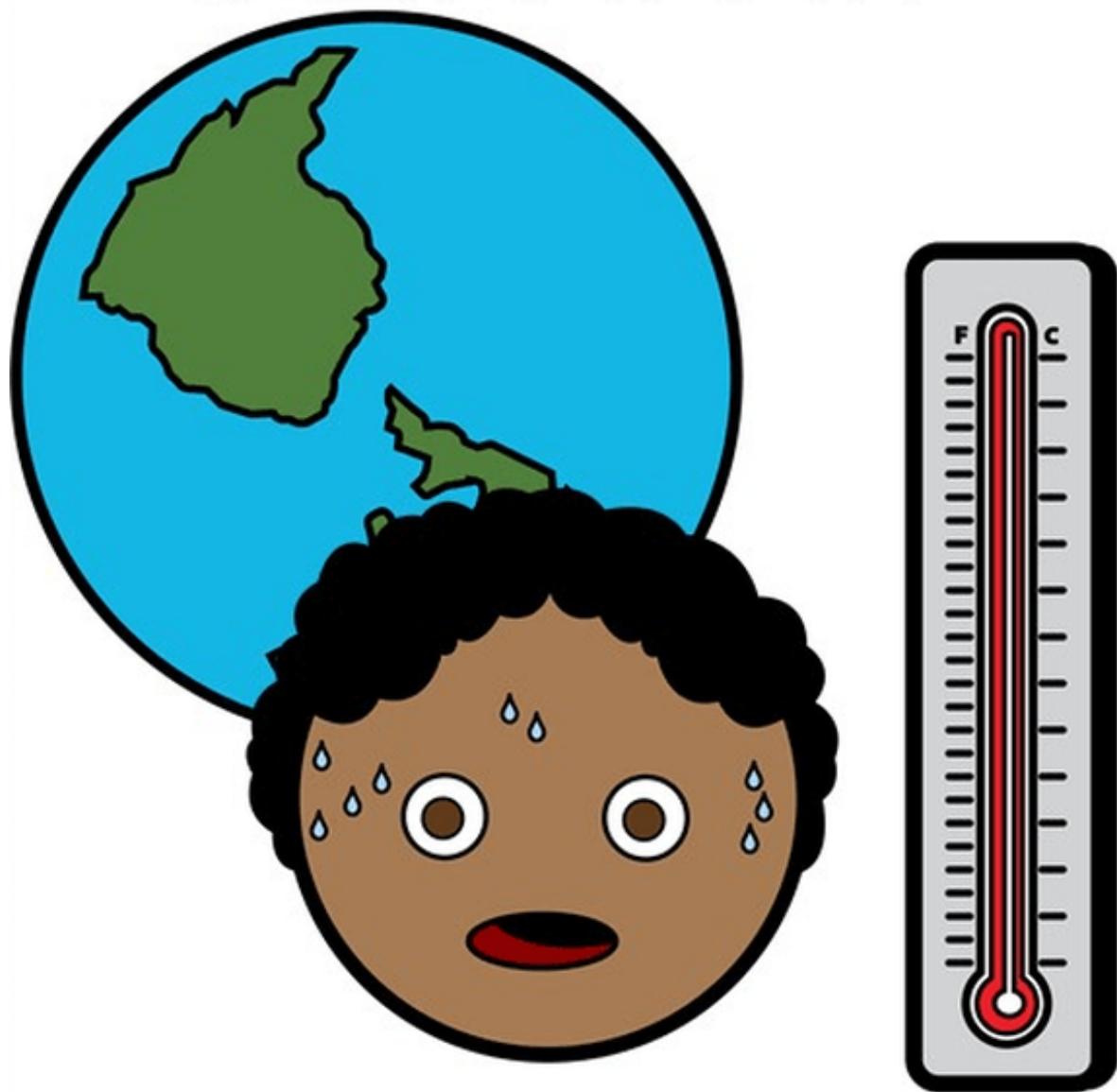
I should wash my hands often. I take my time and scrub the soap between my fingers and all over my hands before I wash it off. If I can't wash my hands, then I can use hand sanitizer. By keeping my hands clean, I can help get rid of germs that make people sick!

The social story page is decorated with several small illustrations. At the top left is a green virus particle. To the right of the first paragraph is a person coughing into their elbow. Below that is a person with a fever, wrapped in a blanket. To the right of the second paragraph is a person in bed with a nightstand. Below that is a hospital building. To the right of the third paragraph are two people flexing their muscles. Below that are two hands being washed with soap and water, and a bottle of hand sanitizer.

The Autism Educator has a free Corona Virus Social Story you can [download](#).

WWW.THEAUTISMEDUCATOR.IE

WHAT IS THE CORONAVIRUS?



Written by Amanda Mc Guinness

Mrs D's Corner also has a visual adapted book about the coronavirus that also comes with two differentiated levels of comprehension tests.

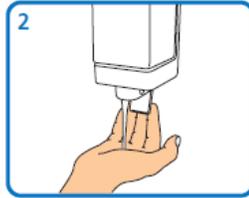


Wash Your Lyrics is a very cool and simple website where you can type in the name of a song and it will give you an infographic with the lyrics paired to a hand-washing technique, which was adapted from WHO's guidelines on hand hygiene. Here's a quick one I did on Old Town Road.

Hand-washing technique with soap and water



1
Yeah, I'm gonna take my horse to the old town road



2
I'm gonna ride 'til I can't no more



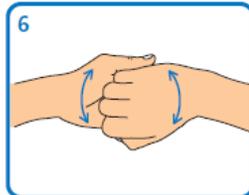
3
I'm gonna take my horse to the old town road



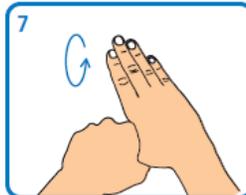
4
I'm gonna ride 'til I can't no more



5
(Kio, Kio)



6
I got the horses in the back



7
Horse tack is attached



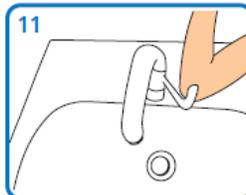
8
Hat is matte black



9
Got the boots that's black to match



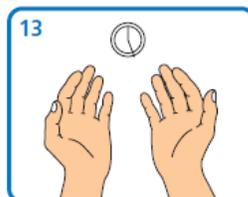
10
Ridin' on a horse, ha



11
You can whip your Porsche



12
I been in the valley



13
You ain't been up off that porch, now

Create your own
<https://washyourlyrics.com>

Old Town Road
Lil Nas X

Adapted from National Health Service, who adapted from the World Health Organization **Guidelines on Hand Hygiene in Health Care**.
Created under the Open Government License. See <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/> for details

Resources for Parents, Counselors and Educators

The National Association of School Psychologists released a resource for parents, which includes a printable document with helpful guidelines outlining how to remain calm and reassuring, make yourself available, avoid excessive blaming, monitor television viewing and social media, maintain a normal routine to the extent possible, be honest and accurate, know the symptoms of COVID-19, communicate with your school and take time to talk with age appropriate explanations.



PBS has published an article, [How to Talk to Your Kids About Coronavirus](#), that includes some tips as well as some PBS KIDS videos, games and activities all about hand washing and staying healthy.



Jacqueline Sperling published an article on [The Harvard Health Blog](#), entitled [How to talk to children about the coronavirus](#), which outlines tips for parents about how to

provide just enough information about the coronavirus, how to answer children's questions about the coronavirus, model calmness, limit news exposure and how to keep an eye out for reassurance seeking.



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

The **New York Times** has an article about [Talking to Teen/Tweens about Coronavirus](#).

The New York Times

HEMOT® (Helmet for EMOTions **Emotional Preparedness in Case of Disaster**) has a pamphlet available in several languages including: English, Italian, Spanish, Greek, Portuguese, Finnish, Norwegian and Swedish.

[Open Circle](#) has an article outlining some tips including suggestions to **not be afraid to say you don't know** and to **practice calm breathing and mindful pauses**.



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getting to the heart of learning

Scholastic Classroom Magazine has different resources about talking to students about the coronavirus for grades PreK-3, Grades 4-5 and Grades 6-12 and videos and resources about washing hands, studying the immune systems, sneezing etc.



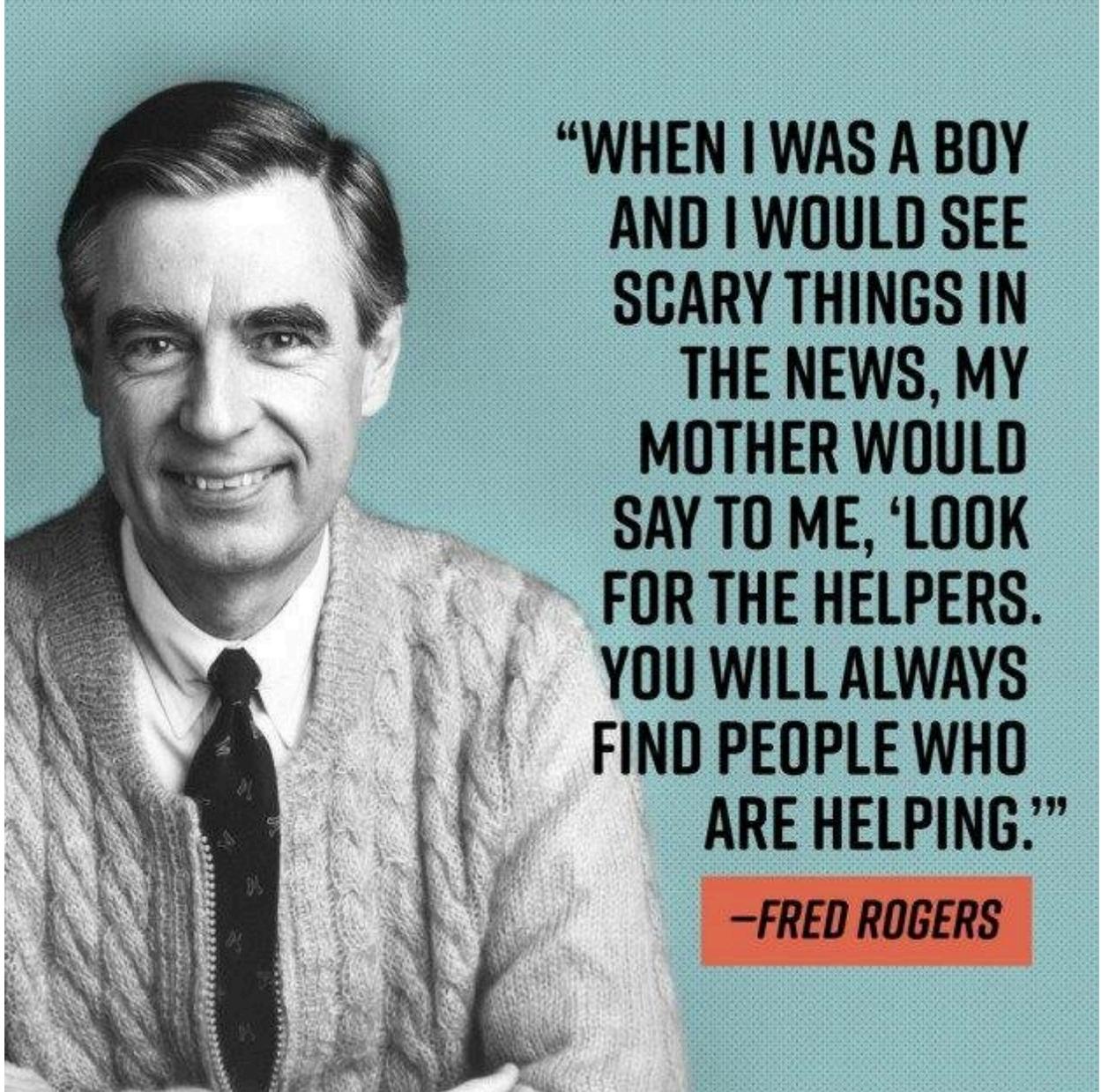
The Guidance Alliance has created a [A Free Printable Handout for Parents and Teachers on Coping with Covid-19](#) that includes a discussion on normalizing anxiety, using coping skills and online educational tools.

Coping with Covid-19 (Coronavirus)

Parent & Teacher Handout

Includes support with:

- Normalizing Anxiety
- Utilizing Coping Skills
- Using Online Educational Tools



**“WHEN I WAS A BOY
AND I WOULD SEE
SCARY THINGS IN
THE NEWS, MY
MOTHER WOULD
SAY TO ME, ‘LOOK
FOR THE HELPERS.
YOU WILL ALWAYS
FIND PEOPLE WHO
ARE HELPING.’”**

—FRED ROGERS