Teacher, Caregiver and Other Adult Resources During COVID-19

Below are multiple resources for adults to access during the Coronavirus Pandemic. Click on a link below to take you to the website!

Mental Health Related Resources

- SAMHSA Tips for Social Distancing during Quarantine
- CDC: Mental Health and Coping During COVID-19
- Taking Care of Your Mental Health in the Face of Uncertainty
- World Health Organization: Helping Children Cope With Stress During the COVID
- NYS Office of Mental Health: Feeling Stressed About Coronavirus (COVID-19)-Managing Anxiety in an Anxiety-Provoking Situation
- Child Mind Institute: Coping During COVID-19, Resources for Parents
- Resources for the OCD and related disorders community during the COVID-19 outbreak

Mindfulness Practice Resources

- Mindful; Healthy Mind Healthy Life: Getting Started with Mindfulness
- 6 Mindfulness and Meditation Apps for Kids
- Building Resilience in Stressed Kids Using Simple Mindfulness Techniques
- 15 Mindfulness and Relaxation Apps for Kids with Anxiety
Article Resources

- Psychology Today: Are You Worried About Coronavirus?
- The Family Lockdown Guide: How to Emotionally Prepare for Coronavirus Quarantine
- The New York Times: Mindfulness for Children
- BBC News: Coronavirus: How to Protect Your Mental Health
- The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus
- The Atlantic: How Parents Can Keep Kids Busy (and Learning) in Quarantine
- Talking to Kids About the Coronavirus

Activity Resources

- Home-Schooling Tweens and Teens During Coronavirus Closings
- Healthline; The Best Anxiety Apps of 2019
- BrainPop: Coronavirus Explaining to Kids
- Common Sense Media: Educational Games for Kids
- Scholastic Learn at Home: Day-by-Day Projects
- Teaching Our World: The Coronavirus: Articles and resources for hard-to-teach topics, chosen by the editors of Scholastic Classroom Magazines
- Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)
- Cincinnati Zoo to start 'Home Safari Facebook Live' to keep kids learning during their time off
- Boredom Busters: 110 Fun At-Home Activities for Families & Kids
- 49 Montessori-Inspired Ideas for Indoor Activities With Your Kids
- 33 National Parks You Can Take a Virtual Tour
- Lakeshore Learning: Free Lessons & Activities for Kids
- 11 Ways to Keep Kids Occupied During Break