

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: Family Resource Center](#)
- [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](#)