

Social & Emotional Resources for Children during COVID-19

How to talk about COVID-19 with your children:

[NASP Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource \(multiple languages available\)](#)

[NYT How to Talk about Coronavirus](#)



COVID-19 Conversation Starters:

[NPR COVID-19 Comic Booklet](#)

[Coronavirus Social Narrative](#)

[BrainPop COVID-19 Video](#)

Explore Feelings:

[NCSTN Parent/Caregiver Guide](#)

[Wheel of Emotions](#)

Help Kids Stay Connected with Friends

Supervised [Facetime](#), [Zoom](#), or [Skype](#)

Write letters and/or draw photos + share digitally

Watch a show together via [Netflix Party](#)

Take an online class together (e.g., [Outschool](#))

Calming Activities

[25 Mindfulness Activities](#)

[Cosmic Yoga Kids](#) or [Yoga Ed.](#)

[Mindfulness Classes for Kids](#)

Videos for Parents

[Grow your Child's Compassion](#)

[Help Your Kids Feel Loved](#)

[Train your Brain to be Kinder](#)