



Gloucester City School District

Mental and Emotional Health Resources during COVID-19

Parent/Elementary Resources

- [How to Talk to Your Kids About Coronavirus](#) -- from PBS with links to relevant videos from Daniel Tiger, Sesame Street, etc.
- [Helping Children Cope with Emergencies](#) -- from the CDC. Details what children's reactions (depending on age) might look like and how parents and caregivers can help them before, during, and after the emergency.
- [How to Talk with Kids About COVID-19](#) -- from Stanford Children's Health.
- [PJ Library Resources for Quarantined Families](#) -- ideas for having fun and staying busy at home!
- [BrainPop -- Coronavirus](#) -- age-appropriate video explaining the virus for elementary students.

General Resources for HS Students/Parents

- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) -- from the National Association of School Psychologists and National Association of School Nurses
- [Managing Anxiety and Stress](#) -- from the CDC.
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) -- from the American Foundation of Suicide Prevention.
- [How to help children and teens manage their stress](#) -- from the American Psychological Association.
- [Helping Children and Teens Cope with Anxiety About COVID-19](#) -- from Seattle Children's Hospital.
- [Care for Your Coronavirus Anxiety](#) -- wealth of research-backed and helpful tools — articles, meditations, access to mental health experts, anxiety screenings, and more.
- [Coping With Stress During Infection Disease Outbreaks](#) -- from the Substance Abuse and Mental Health Services Administration.

Mindfulness and Reducing Stress/Anxiety

- [Calm](#) -- relaxation app.
- [GoZen](#) -- online social and emotional learning programs for students experiencing anxiety.
- [Down Dog app](#) -- yoga; free access until July 1st for all students and teachers (K-12 and college).
- [13 Minutes Body Scan Meditation For Teens and Adults/ Mindfulness For Children](#)
- [16/21 Days of Mindfulness Bootcamp 5 Minutes Mountain Meditation - Mindfulness for Teens & Adults](#)
- [1 Minute Mindfulness Activities](#)