

# ALL AGES - COPING/STRESS MANAGEMENT

## **Mental Health Crisis**

What it is: If you or someone you know is experiencing a mental health crisis, contact the crisis text line by texting PA to 741-741

## **Talking to Children about COVID-19**

What it is: Tool to guide parents/guardians through talking to children about COVID-19 including ways to reduce anxiety.

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

## **Social Stories about COVID-19 (Different developmental levels)**

What it is: Social stories with pictures that describe the virus. Social stories provide step by step ways to stay safe.

Pre-K-2: <https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

Pre-K-4: [https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

## **Yoga with Adriene**

What it is: 34 free practice yoga videos that target uncertain times (e.g., loneliness, anger, fear)

<https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06>

## **Centervention**

What it is: Free social emotional learning activities focusing on worry, impulse control, anxiety, positive thinking, grounding, etc.

<https://www.centervention.com/social-emotional-learning-activities/>

## **PBS Emotional Development**

What it is: Collection of emotional development videos using Sesame Street characters for grades Pre-K-1

[https://wvia.pbslearningmedia.org/collection/sesame-street-emotional-development/?fbclid=IwAR088VkrEPo6k6BPgezEbf\\_eF-oAVAEHWTNBSekxnX-0Tel8P-aSu1998VQ#.Xm\\_Y6C2ZOL8](https://wvia.pbslearningmedia.org/collection/sesame-street-emotional-development/?fbclid=IwAR088VkrEPo6k6BPgezEbf_eF-oAVAEHWTNBSekxnX-0Tel8P-aSu1998VQ#.Xm_Y6C2ZOL8)

## **Mindful Schools**

What it is: Free mindfulness classes for kids

[https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?fbclid=IwAR1DdZzpJ2rpUBylj8B9OU7fb4upJBrEoDtYXaLqbjjFR88h\\_YFnJi6Pwso](https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?fbclid=IwAR1DdZzpJ2rpUBylj8B9OU7fb4upJBrEoDtYXaLqbjjFR88h_YFnJi6Pwso)

## **Cosmic Kids Yoga**

What it is: Videos focusing on yoga, mindfulness, and relaxation targeting kids ages 3+.

[https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR3VnAG\\_32Q0eV\\_RJW3fQfwjHlbMfrCtfB6blYgNu\\_jYC3baVHW\\_2ilYJl](https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR3VnAG_32Q0eV_RJW3fQfwjHlbMfrCtfB6blYgNu_jYC3baVHW_2ilYJl)