

## Parent Resources

- ❖ [Child Mind Institute- Talking to kids about COVID-19](#)
- ❖ [Common Sense Media- Helping your family De-stress \(with app/website recommendations\)](#)
- ❖ [Making the Most of School Closures-Tips for Positive & Productive Home Environments](#)
- ❖ [PBS How to talk with your kids about Coronavirus](#)

## For Families and Elementary Students

- ❖ [Meditation Apps for Kids](#)
- ❖ [GoNoodle- Activities for Home](#)
- ❖ [Cosmic Kids Yoga Channel: Yoga, Mindfulness and Relaxation for Ages 3+](#)

## Videos Explaining Coronavirus to Children

- ❖ [BrainPop Coronavirus Video](#)
- ❖ [Julia Cook's "Yucky Bug"](#)