

School Psyched Podcast: Resources and links for supporting students, staff and families during Covid-19

For parents and staff:

- Health and Crisis resources from the National Association of School Psychologists (NASP):

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources> (this page has several resources for parents and staff).

- Tips for parents (how to talk to children about the virus crisis)
https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now?utm_source=twitter.com&utm_medium=social&utm_campaign=lifekit&utm_term=nprnews&utm_content=20200313
- Social emotional resources for parents and teachers
<https://insidesel.com/2020/03/12/covid-19/>
- For parents with children who have special needs:
<https://adayinourshoes.com/how-to-prepare-for-quarantine-disability-families-printable-checklists/>
- Digital Teaching Webinar Series: Facing History will be hosting three webinars focused on supporting teachers during this time:
 - ❖ March 18, 2020 7pm [School Closures and Online Learning: Creating Community, Centering Students with Justin Reich, director of the MIT Teaching Systems Lab](#)
 - ❖ March 25, 2020 6pm [Coronavirus: Maintaining Healthy Schools and Preparing for Online Learning with AFT Director of Health Care, Kelly Trautner and AFT Director of Share My Lesson, Kelly Booz.](#)
 - ❖ March 26, 2020 4pm [Coronavirus: Teaching Complex Current Events and Supporting Student Well-Being with PBS NewsHour Extra and the AFT.](#)

Social Skills Self Regulation Activities:

- Fun stories, songs, and activities for students pre K-3 (Howard B. Wigglebottom is a lovable bunny who just needs a little help to get along <https://wedolisten.org/>)
- <https://www.gonoodle.com/>
- Class Dojo Growth Mindset: <https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Educational Activities:

- PBS Educational Activities using historical figures, such as Zora Neale Hurston and Isaac Newton, to support students' social emotional and literacy skills. Learn more at https://www.pbslearningmedia.org/collection/xavier-riddle-and-the-secret-museum/?utm_source=Twitter.com&utm_medium=social&utm_campaign=XavierRiddle#.Xm0LHqhKhPY
- Daily educational activities from Scholastic
<https://classroommagazines.scholastic.com/support/learnathome.html>

- Children's book read alouds on youtube
https://www.youtube.com/channel/UCTu18G-Z2Qoo37QmO_Y61NA/videos
<https://www.youtube.com/channel/UCbqmqj1hzxuAXsjk08k-KP6w>
- Story time anytime <https://www.youtube.com/channel/UCKt0xucHzm75HOF4eSxG0ow>
- Story time TV <https://www.youtube.com/channel/UCSgXgdIE8QVb4HvdwxsHkKw>
- Access to free on-line books and stories: <https://www.getepic.com/educators>
- 12 educational websites with free activities for kids:
<https://adayinourshoes.com/free-educational-websites-for-kids/>
- Free learning and inquiry/enrichment activities and games for kids:
<https://byrdseed.tv/students/index.php?kids=true>
- Lesson resources for teachers:
<https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona-virus/>
- Free Read alouds: <https://www.freechildrenstories.com/>
- 12 Museums offer virtual tours
https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&utm_term=7728056&fbclid=IwAR07W9ieyy48tdm4IKr3zoLTR12e0TMNN1VJ6t4kGw8Bp6B4Y_0ntsnGI08
- [Resource broken down by age group with suggested activities from Kahn Academy](#)

Wellness Resources for Families:

[Social-Emotional Resources for Parents](#)

[Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK](#)

[The Psychology Of Uncertainty: How To Cope With COVID-19 Anxiety](#)

[Help Kids Manage Anxiety around the Coronavirus \(3 Expert Videos\)](#)

[Mental Health and Coping During COVID-19 | CDC](#)

Additional drives

<https://docs.google.com/document/d/1UtBLvZxFiQC83ih-zjfjQ42PTcZIXWB07JPTMZVtIN8>

https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub

https://docs.google.com/document/d/1iGo1xk7D-7uWWwHE_tqXnI9_DjGKFBXQgMk8U-BEOAg/mobilebasic

https://docs.google.com/document/d/1oCM2Ue9w32EUIGfRXsjwEXU_-Up8D6FSSWT8YGiBEtE/mobilebasic

[BINGO-style board of awesome engineering](#)