

Helpful Resources for Children & Families

Centers for Disease Control and Prevention

Manage Anxiety and Stress

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

GA Department of Education – Information & Resources

<https://www.gadoe.org/External-Affairs-and-Policy/communications/Pages/coronavirus.aspx>

GA Department of Mental Health Hotline: 1-800-715-4225

GCAL – GA Crisis Access Line (text or call for mental health services)

<https://www.crisistextline.org/>

NAMI – National Alliance on Mental Illness: 1-800-950-NAMI or text NAMI to 741741

National Association of School Psychologists

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](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)

National Child Traumatic Stress Network

Parent/Caregiver Guide To Helping Families Cope With The Coronavirus Disease 2019

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Panorama Education – links to several mental health articles and resources

<https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19>

SEL – Links & Activities & Websites

BrainPOP Jr. – Free 30 day access

Login: bpcares Password: pop2013

https://www.brainpop.com/free-trial/?who_am_i=home&promo_code=BPCVFA&utm_source=covidhub&utm_medium=button&utm_campaign=coronavirus&utm_content=free-family

Emotions – Understanding how we are feeling.

<https://jr.brainpop.com/health/feelings/emotions/>

Mindfulness – Understanding stress and kid friendly techniques to calm down

<https://jr.brainpop.com/health/feelings/mindfulness/>

Coronavirus – Explained for children

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Confident Parents Confident Kids: A site for parents actively supporting kids' social and emotional development (Came from CASEL website)

<https://confidentparentsconfidentkids.org/>

Social Emotional Learning Toolbox for Children & Teens

<https://spark.adobe.com/page/bxPFoSgrz5Mzz/>

Understood.org – Social Emotional games to play at home

<https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>