

CoronaVirus Information for Parents

Child Mind Institute -

[Talking to Kids About the Coronavirus](#)

National Association of School Psychologists

[Talking to Children About COVID-19 \(Coronavirus\)](#)

CoronaVirus Information for Parents and Children

NPR CoronaVirus Comic and Video for Parents and Kids

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?ck_subscriber_id=599606696

Mindfulness Resources for The Whole Family

Deep Breathing and Body Relaxation Videos

Square Breathing

[KIDS MEDITATION - SQUARE BREATHING \(Focus & Calm\)](#)

Take 5 Breathing

[Take 5 Breathing: A Breathing Exercise for Kids](#)

Deep Breathing and Body Relaxation

[3 Minutes Belly Breathing For Relaxation - Mindfulness For Children | Calmer Classrooms](#)

Body Relaxation

[3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults](#)