

# COVID-19: Facts, Grief, Loss, Trauma and Resiliency

The following links include resources recommended by a variety of trained Educators and Social Workers.

[Coping with Grief and Loss](#) - Tips to help with the grieving process.

[Coping After Disaster, Trauma](#) - Helping children cope with traumatic events.

## Preschool-Aged:

[Time to Come in Bear](#) - Video for children to understand social distancing.

[Wash Your Hands with Baby Shark](#) - Baby Shark song - a handwashing parody

[Sesame Street Caring for Each Other](#) - Videos and easy lessons for parents to watch and do with their children.

[Daniel Tiger](#) - A guide for parents to help explain COVID-19 and social distancing to children.

[How You and Your Kids Can De-Stress During...](#) - Processing stress

[Friendly Freebies](#) -FREE resources that support social emotional learning. This website includes tools to help teach the skills of resiliency, hope, self-awareness, kindness, and a growth mindset.

## School-Aged:

[Coronavirus from BrainPOP](#) - Video explanation

[Just for Kids: A Comic Exploring the New Coronavirus](#)

[How You and Your Kids Can De-Stress During...](#) - Processing stress

[Friendly Freebies](#)--FREE resources that support social emotional learning. This website includes tools to help teach the skills of resiliency, hope, self-awareness, kindness, and a growth mindset.

## Adolescents:

[Social Distancing is like a Viral Social Media Post](#) - How to talk to teens about COVID-19

[Friendly Freebies](#)--FREE resources that support social emotional learning. This website includes tools to help teach the skills of resiliency, hope, self-awareness, kindness, and a growth mindset.

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

## All Ages:

[Explanation of virus and social distancing](#) - Video explanation

[Hello! I am a Virus, Cousins of the Flu and Common Cold](#) - Activity Book printable

[Link to several languages of this book](#)

[Video to explain the PPE that children may see doctors/nurses wearing if they have to go to the emergency room](#) - A great visual for children

### **Autism Spectrum Disorder:**

[Explanation of social distancing](#) - Printable Book

[Supporting Families During COVID-19](#)

### **Activities involving COVID-19:**

[Family Activity to Help During COVID-19 Isolation](#) - For the family

[Coping Skills with Candy Land](#) - Free download from Teachers Pay Teachers

[Coloring book](#) - Printable

[Workbook with crossword and coloring pages](#) -Printable

### **Activities to do at home:**

[Kids at Home? Staying Sane Through the Power of Play](#)

[25 Indoor Activities for Kids- That Don't Require a Craft Store Run](#)

Scavenger Hunts (great list on [Primary Playground's Facebook page](#))

### **Virtual Connection with Community Members:**

[Museum Tours](#) - Field trip to the museum!

[Live camera of animals around the world](#) - Free trip to the zoo!

### **Relaxation and Meditation:**

[Rainbow Breath video](#)

[Cosmic Kids Yoga video](#)

[Headspace: Training the monkey mind video](#)

[Coping skills for kids print-outs](#)

[Printouts for breathing techniques](#)

Ways to help with grief and loss:

[10 Ways to Help a Grieving Child](#)

[Supporting Families During COVID-19](#) - There are MANY resources linked into this website to help with a variety of people.

[Mental Health and Coping During COVID-19](#) -Stress and Coping advice from the CDC

[\\*Talking with children about Coronavirus Disease 2019](#)

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#) - Parent Guide

[Helping kids cope with the COVID-19 pandemic](#) - Parent Guide

## Children's Books about Feelings

[B is for Breathe by Dr. Melissa Boyd|Books Read Aloud|StoryTimeWithMsMelange](#)

[Calm-Down Time By Elizabeth Verdick](#)

[Glad Monster Sad Monster by Ed Emberley | Anne Miranda | Read Aloud children books| Pinky Purple 괴물](#)

[IN MY HEART: A Book of Feelings Written By Jo Witek & Illustrated By Christine Roussey](#)

[Sometimes I'm Bombaloo read aloud](#)

[The Color Monster, A Story About Emotions by Anna Llenas | Children's Books | Storytime with Elena](#)

[The Feelings Book Read Aloud](#)

[The Rabbit Listened | Story Time Read Aloud! | 🧑🐰 | Shon's Stories](#)

[The Way I Act: \[https://www.youtube.com/watch?v=SW\\\_Gr6A-hpE\]\(https://www.youtube.com/watch?v=SW\_Gr6A-hpE\)](#)

[The Way I Feel](#)

[When Sophie Gets Angry - Really, Really Angry...](#)

[You Are Special by Max Lucado](#)