



COOLIDGE SCHOOL

Attention Parents: Use this page to access both social/emotional learning resources as well as resources for talking to children about the coronavirus.

[Social-Emotional Learning Resources:](#)

Active Screen Time Resource

<https://www.gonoodle.com/for-families/>

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Videos for Sleep, Meditation and Relaxation

<https://app.www.calm.com/meditate>

Progressive Muscle Relaxation for Kids

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons

<https://wedolisten.org/>

Mindfulness Websites/Activities

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

Giant List of Ideas for Being Home with Kids

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

Character Lessons During the Virus School Closure

https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZiIyk-M

Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lg15U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSeCPAZfW2e2AcOYt3Kk>

Explore Brain Pop Videos and Activities

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

10 Days of Live 'Choose Love' Lessons For Parents and Children

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

Yoga for kids

<https://www.youtube.com/user/CosmicKidsYoga>

Box Breathing, Mindful Breathing for Children Videos

<https://youtu.be/YFdZXwE6fRE>

<https://youtu.be/uYQkXuTCMTg>

Resources for Talking to Children About the Coronavirus:

PBS Kids: How to Talk to Your Kids About Coronavirus

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5OgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook

Just for Kids: A Comic Exploring the New Coronavirus from NPR

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

Brain Pop Video About the Coronavirus

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

ASCA Coronavirus Resources

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-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?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM](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?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM)

How to Talk to Kids About the Coronavirus

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

The Yucky Bug by Julia Cook

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>