

General Information on COVID-19 and Mental Health

American Psychological Association:

[Keeping Your Distance to Stay Safe](#)

[Five Ways to View Coverage of the Coronavirus](#)

[Pandemics Resources](#)

[Seven crucial research findings that can help people deal with COVID-19](#)

[Speaking of Psychology: Coronavirus Anxiety](#)

Center for Disease Control: [Managing Stress and Anxiety](#)

Montefiore: 20 minute [video](#) for healthcare workers about anxiety and COVID-19

National Public Radio by Dr. Mary Alvord: [Maintaining Your Mental Health During Coronavirus](#)

The Washington Post: [When a Danger is Growing Exponentially, Everything Looks Fine Until it Doesn't](#)

World Health Organization: [Mental Health Considerations During COVID-19 Outbreak](#)

COVID-19 Resources for Parents, Caregivers, and Pediatric Providers

General:

American Academy of Pediatrics: [2019 Novel Coronavirus \(COVID-19\)](#)

Brené Brown's parenting podcast: [Unlocking Us](#)

Center for Disease Control: [Talking with children about Coronavirus Disease](#)

Center on the Developing Child: [Stress, Resilience, and the Role of Science: Responding to COVID-19](#)

Child Mind Institute:

[Supporting Families During COVID-19](#)

[Supporting Kids During the Coronavirus Crisis](#)

Child Trends: [Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

CSICYP: [Parents and COVID 19: Helping Your Children](#)

Dr. Rosenthal, psychologist: [Four Key Ways to Cope with the Social Impact of Coronavirus](#)

Early Learning Nation: [8 strategies to keep children healthy and happy](#)

Harvard Graduate School of Education: [Helping Children Cope with Coronavirus and Uncertainty](#)

National Association of School Psychologists: [Talking to Children About COVID-19 \(Coronavirus\)](#)

National Traumatic Stress Network:

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#)

[Simple Activities for Children and Adolescents](#)

The New York Times:

[11 Questions Parents May Have About Coronavirus](#)
[How to Talk to Kids About Coronavirus](#)

PBS for Parents: [How to Talk to Your Kids About Coronavirus](#)

Positive Coaching Alliance: [Dealing with Disappointment of COVID-19 Cancellations, Postponements](#)

University of Arizona: [COVID-19 Communication Toolkit for Parents and Teachers](#)

University of Kentucky: [Advice for Parents: Talking to Kids about COVID-19](#)

Zero to Three: [Tips for Families: Coronavirus](#)

Specific to teens and young adults:

Child Mind Institute: [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

Harvard Medical School: [How to talk to teens about the new coronavirus](#)

The New York Times: [Talking to Teens and Tweens About Coronavirus](#)

Psychology Today: [How to Talk to Kids and Teens About the Coronavirus](#)

UNICEF: [How teenagers can protect their mental health during coronavirus](#)

Specific to those with anxiety:

ADAA: [How to Talk to Your Anxious Child or Teen About Coronavirus](#)

Child Mind Institute: [How to Avoid Passing Anxiety on to Your Kids](#)

The New York Times: [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

Specific to LGBTQIA youth/community:

Human Rights Campaign: [Resources for the LGBTQ Community Around COVID-19](#)

National Center for Transgender Equality: [The Coronavirus: What Trans People Need to Know](#)

COVID-19 Resources for Children and Adolescents

NDEMIC Creations: [Video Gaming \(for teens\) related to spreading outbreaks](#)

Environmental, Health and Safety: [COVID-19 Preparing Yourself and Your Family: Kids Edition](#)

National Public Radio: [Just For Kids: A Comic Exploring The New Coronavirus](#)

Resources for Meditation and Mindfulness

[Qi Gong Meditation Relaxation](#) – free download on Amazon (includes meditations for children)

[Insight Timer](#) – free meditations and music

Free for healthcare providers: [Headspace](#), [Calm](#), [Ten Percent Happier](#)

Resources for Staying Active

For kids:

[Cosmic Kids Yoga](#) – YouTube channel for yoga and mindfulness

[Go Noodle](#) – free videos for movement and mindfulness

For adults:

[Box Union Studio](#) – livestream of two boxing workouts every day on their Instagram

[Daily Burn](#) – free 60-day trial on hundreds of workouts

[Peloton](#) – free 90-day trial (outdoor runs, strength, yoga, meditation, bike, and treadmill)

[Pure Barre On Demand](#) - free 60-day trial. Promo code: EXTENDEDTRIAL

Educational Activities for Kids and Adults

Kids' Activities: [List of Education Companies Offering Free Subscriptions Due to School Closings](#)

Virtual Tours:

[The Cincinnati Zoo](#)

[Virtual Field Trips](#)

[Local and World-Famous Museums](#)

[Curiosity Rover: Explore the Surface of Mars](#)

[The Winchester Mystery House](#)

[360 Cities: Views of Iconic Cities](#)

Audio books:

[Audible](#) – free streaming for as long as schools are closed

[Libby App](#) – free access e-books and audiobooks from your local public library

Language:

[Rosetta Stone](#) – free for students for the next three months

Arts:

[Brit and Co](#) – free art and design classes through (use code SELF CARE at checkout)

[Cleveland Inner City Ballet](#) – free virtual ballet instruction program

[Playbill](#) – Broadway plays and musicals to watch from home

[The Kennedy Center](#) – daily ‘lunch doodles’ from artist Mo Willems

[The Paris Opera](#) – free online screenings of performances

[5 Tiny Desk Concerts To Calm Your Mind](#) – free from the National Public Radio

Science:

[Science Mom on Facebook](#) – daily show (for kids 7-12 years)

[The Buzz on Bee Barf! Sticky Science Behind Bumblebee Vomit](#) – National Public Radio piece

[The Science of Well-Being](#) – free online course from Yale University

Math: [60+ Awesome Websites for Teaching and Learning Math](#)

Play online board games with [Board Game Arena](#) and [Tabletopia](#)

Learn to garden with [Good Gardening Videos](#)

Find educational apps from [Originator Kids](#)

Educational Shows:

[Netflix](#): Brainchild, The Who Was? Show, Julie's Greenroom, Ask the StoryBots, The Magic School Bus

[Disney+](#): Brain Games, National Geographic

[PBS Kids](#): Wild Kratts, Xavier Riddle, Reading Rainbow, Between the Lions, Peg and Cat

[Amazon Prime](#): Horrible Histories (for slightly older kids in late elementary, middle school)