

## COVID-19 Resources for Adults and Students

### For Adults (School Staff, Parents, and Community Members):

[Shine Toolkit](#): This toolkit includes information for managing anxiety related to COVID-19. By downloading the app, teachers can gain access to daily meditations and mantras to help ground and calm during this difficult time. There is also an *Ask the Expert* section where individuals can submit questions to mental health professionals for advice on various topics.

- [Coping with Anxiety article](#)
- [5 Tips](#)

[CDC Anxiety & Stress Management](#): Includes information on how to manage your stress and anxiety related to the COVID-19 pandemic. It also provides support for parents who want to talk to their children about what is happening.

[Emotional Well-being During the Covid-19 Outbreak](#): A list of available resources for managing stress and anxiety related to the COVID-19 pandemic. Each link provides a short description of what information will be provided and what it might address.

[Storms Don't Last Forever](#): Please Pass the Love has put together materials on mindfulness, self-care, and resiliency. Information on available courses related to psychology and the brain is also included. Further information on supporting children's mental health during this time is included as well.

[SEL Resources](#): Resources from CASEL designed to support educators, parents, and anyone who works with children.

[Apps](#): 10 apps to help you deal with stress and anxiety during COVID-19. There are costs associated with some listed.

### For Kids:

[NPR Kids Comic](#): Looking for a way to explain this to kids? Consider utilizing this free comic from NPR.

[Tips for Talking with Kids](#): Resource from NASP with tips for talking to kids about COVID-19.

[Colorado Video](#): Video of younger children asking questions about COVID-19 to medical professionals.

[Infographic](#): Nice visual of tips for supporting kids with COVID-19.

[Supporting Teenagers](#): Tips for parenting teenagers and young adults during this time.

[Talking to Children about COVID-19](#): Children need factual, age-appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and the spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. This resource will walk you through how to have these conversations.

[Julia Cook Yucky Bug](#): A short video of author Julia Cook reading her book *Yucky Bug*. This book discusses the hardships students may face during the COVID-19 pandemic. [Parent Discussion Guide](#)