

Resources for combating stress and anxiety in family life during COVID 19 Handout

> Articles

- Talking with Children about Coronavirus Disease (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

- How Parents Can Keep Kids Busy (and Learning) in Quarantine (The Atlantic)

<https://www.theatlantic.com/family/archive/2020/03/activities-kids-coronavirus-quarantine/608110/>

- How to keep your kid on a schedule during coronavirus school closings (New York Post)

<https://nypost.com/2020/03/16/how-to-keep-your-kid-on-a-schedule-during-coronavirus-school-closings/>

- Parenting during coronavirus: What to know about play dates, education and more (The Washington post)

<https://www.washingtonpost.com/lifestyle/2020/03/14/parenting-tips-coronavirus/>

- Resources for supporting children's emotional well-being during the COVID-19 pandemic

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic#resources>

- School's out- A parents' guide for meeting the challenge (NYU)

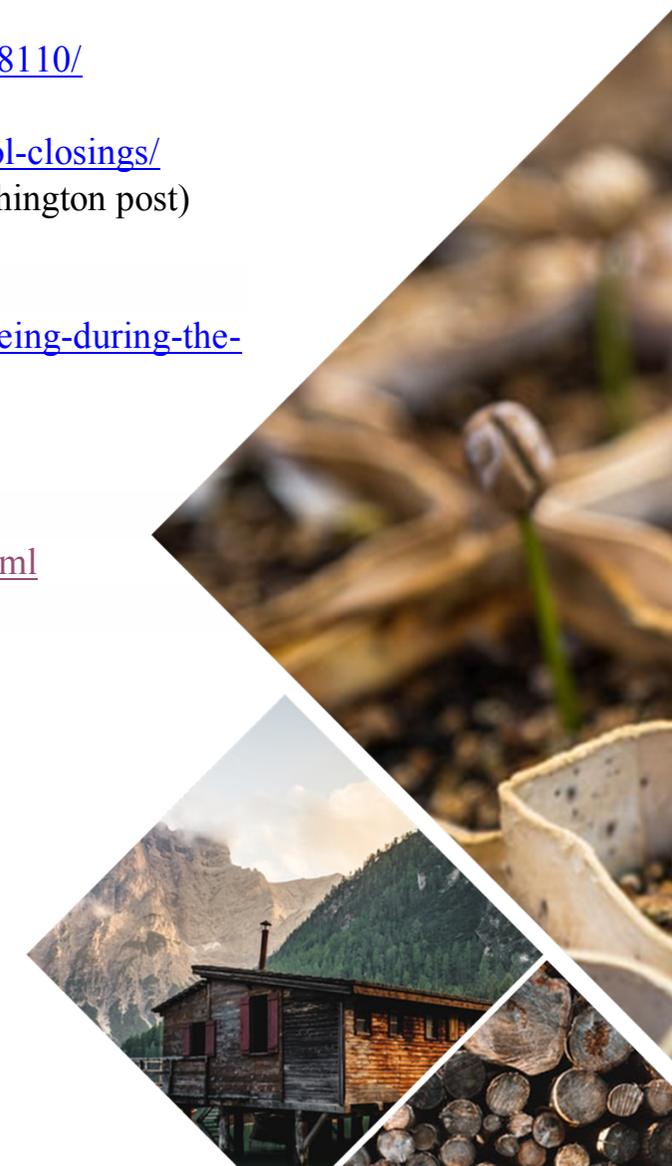
<https://mailchi.mp/nyumc/csc-parental-guide-covid-19-1049030?e=ae44674aab>

- What parents can do to face coronavirus anxiety (CNN)

<https://www.cnn.com/2020/03/13/opinions/coronavirus-school-closures-parents-glick/index.html>

- How to Talk with Children About Coronavirus (PBS)

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>



> Schooling

- Free educational subscriptions

<https://docs.google.com/spreadsheets/u/1/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview>

- Free online museums visit

<https://anamericaninrome.com/wp/2020/03/italy-museums-visit-for-free-online/>

- North Carolina School of Science and Math (Reading books for all ages children on Facebook)

<https://www.ncssm.edu/>

- Scholastic is offering free online courses so your kids can keep learning while schools are closed (CNN)

<https://www.cnn.com/2020/03/15/us/scholastic-coronavirus-students-trnd/index.html>

- Slate has a different approach to hope for those of us with children home from school (Slate)

<https://slate.com/human-interest/2020/03/coronavirus-kids-activities-toys-games-work-from-home.html>

- Taking care of your behavioral health from SAMHSA

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

- Tips to reduce anxiety and stress (American Psychological Association)

<https://www.apa.org/helpcenter/pandemics>

- Talking with children tips for caregivers, parents, and teachers during infectious disease outbreaks (SAMHSA)

https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

- The national child traumatic stress network (NCTSN)

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf [ncfasdinformed.org]

- Virtual field trips

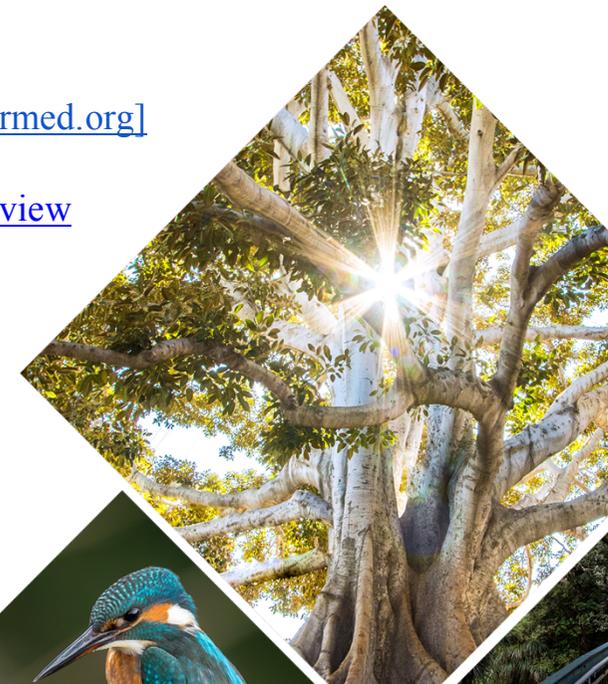
https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview

- Virtual museum tours (Travel leisure)

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

125+ amazing online learning resources (We are teachers)

<https://www.weareteachers.com/free-online-learning-resources/>



> Additional Resources

- Academic Earth – older youth: <https://academicearth.org/>
- Coursera: <https://www.coursera.org/courses?query=free>
- Code: <https://code.org/learn>
- Coolmath: <https://www.coolmath.com/>
- Coronavirus information for youth children:
<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>
- Cincinnati zoo – Fiona the hippo: <http://cincinnati.zoo.org/the-fiona-show/>
- Duolingo – free language lessons: <https://www.duolingo.com/>
- Disney online learning resources: <https://nature.disney.com/educators-guides>
- Headspace: <https://www.headspace.com/meditation/kids>
- Khan Academy: <https://www.khanacademy.org/>
- NC Zoo wildlife cams: <https://www.nczoo.org/conservation/regional-conservation/catching-native-wildlife-camera>
- Scholastics – daily online free reading activities
<http://www.scholastic.com/learnathome> [scholastic.com]
<http://mediaroom.scholastic.com/press-release/scholastic-creates-free-open-access-digital-hub-help-keep-students-learning-while-scho>
- Sesame Street – PBS kids
<https://www.sesamestreet.org/toolkits/learning%20free>
<https://pbskids.org/video/mister-rogers/1421146807>
- Wildlife Cam – Jordan Lake: <https://www.facebook.com/JordanLakeWildlifeCam/>

Alice Chen & Dr. Kimberly Allen

Association Professor and Extension Specialist

Department of Agricultural and Human Sciences

NC STATE
UNIVERSITY

