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COVID-19 RESOURCES for School Staff and Parents

Helping Children Cope

- [Talking to children about COVID19 \(Coronavirus\) A Parent Resource](#)
- [World Health Organization \(WHO\): Helping children cope with stress during COVID-19 Outbreak](#)
- [American Academy of Child & Adolescent Psychiatry: Talking to Children about COVID-19](#)
- [Talking with Children: Tips for Caregivers, Parents, and Teachers during Infectious Disease Outbreaks](#)
- [Parent/Caregiver Guide to Helping Families Cope](#)
- [Helping Children Cope with Emergencies \(CDC\)](#)
- [Helping Children Cope with COVID-19 Pandemic \(Mayo Clinic\)](#)
- **Coping with anxiety and stress: Coping Cards**



Coping Cards.pdf

Website Links

- [Talking to Kids about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children \(CDC\)](#)
- [\(CDC\) Managing stress and anxiety: For Parents, Responders and People Released to Quarantine](#)
- [National Center of School Mental Health](#)
- [University of Michigan Health – How to talk to your kids about COVID-19](#)
- [Parent Toolkit: Social and emotional development](#)
- [Parent Toolkit: How to Talk to Your Kids about the Coronavirus \(and Ease Their Fears\)](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)
- **Coronavirus disease 2019 fact sheet from Michigan Department of Health and Human Services (MDHHS) - [English](#), [Traditional Chinese](#), [Simplified Chinese](#), [Spanish](#), [Arabic](#)**
- **Corona Virus Science lesson:**



live-science-ultimate-kids-guide-to-corona

- [Website from Center for Disease Control and Prevention \(CDC\)](#)
- [Website from Kids Health for Parents](#)
- [Lesson Plan Related to COVID-19 for teachers](#)

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Videos

- [Family Therapist: Coping with Coronavirus Anxiety | UNICEF](#)
- [Answering Kids' Questions About The Coronavirus](#)
- [Just for Kids: A Comic Exploring the New Coronavirus from NPR modified for Scarlett Middle School](#)
- [Child Mind Institute – video for parents](#)
- [How to prevent COVID \(video\)](#)
- [Video and other materials on COVID](#)
- [Talking to your children – for parents \(CBC\)](#)
- [CDC videos on COVID 19](#)

Materials for Children Regarding COVID-19

- [What is COVID and how to prevent it for parents and children \(video\)](#)
- [Brainpop Coronavirus video](#)
- [Website from Public Broadcasting System \(PBS\):](#)

Handwashing Resources

Handwashing and Hand Sanitizer Use (CDC):



hand-sanitizer-factsheet.pdf

[Wash Your Hands](#) – Child (video)

[Fight Germs. Wash Your Hands!](#) – Older Children and Adults (video)