

Resources for Parents and Teachers

HandHoldMA

[Talking to Kids about the Coronavirus, Child Mind Institute](#)

[Coping with stress during an infectious outbreak, SAMHSA](#)

[Talking to children about Coronavirus, NASP](#) (National Association of School Psychologists)

[How to talk to Children about Coronavirus-](#) Harvard Medical School

[Talking to Teens and Tweens About Coronavirus-](#) NY Times Article

[Helping kids manage anxiety Go Zen video](#)

[Happy Color - Mindfulness 'Coloring" App](#)

[Tips from the author of Raising Digital Natives-](#) what to do during school closings

Resources for Elementary Students

[At home menu of social-emotional activities- elementary](#)

[Another at home menu of social-emotional activities- elementary](#)

[Lesson- We Do Listen foundation- elementary](#)

[Boredom busters, at home activities- elementary](#)

[Brainpop video Coronavirus- elementary](#)

[Just for kids a comic exploring the coronavirus](#)

[Happy Color - Mindfulness 'Coloring" App](#)

[Go Noodle movement and mindfulness videos](#)

[Daily drawing activity being offered by local children's book author Jarrett Krosoczka](#)

[Non-screen activities to do from home](#)

Resources for Middle School Students

[Just for kids a comic exploring the coronavirus](#)

[Anxiety Tips for Teens](#)

[Happy Color - Mindfulness 'Coloring' App](#)

[Mindfulness for Teens and Adults- Youtube video](#)

Resources for High School Students

[Happy Color - Mindfulness 'Coloring' App](#)

[Mindfulness for Teens and Adults- Youtube video](#)

Mental Health Supports

[The Calm App - Mindfulness and Meditation](#)

[Headspace App - Mindfulness Stress Relief](#)

[Happy Color - Mindfulness 'Coloring' App](#)

Local psychiatric crisis line, BHN, open 24/7:
(413) 733-6661

<https://www.crisistextline.org/> (TEXT 741741)

<https://www.saysomething.net/>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Massachusetts Substance Use Helpline:

1-800-327-5050

National Suicide Prevention Hotline: 1-800-273-8255