

SOCIAL-EMOTIONAL RESOURCES

This list is not comprehensive, and SPS does not endorse these products. We are making the list available to families and caregivers as a way to support engaging students in learning while they are out of school.

COVID-19 Specific Links	Description
Talking to Children about Coronavirus	Tips for parents and guardians on discussing coronavirus with children.
Social-Emotional Toolbox for Children & Teens	Tips for explaining COVID-19 to children and teens, and coping techniques for stress and anxiety.
Talking to Your Child about Coronavirus from the Child Mind Institute	Helpful advice for parents on talking to children of all ages about COVID-19.
Coping with Stress During an Infectious Disease Outbreak from SAMHSA	Resource on coping strategies specific to an infectious disease outbreak.
Resilience in the Face of COVID-19	An article written for parents about supporting children and working with the schools, written by Dr. Robert Brooks.
How to Keep Coronavirus Fears From Affecting Your Mental Health	An article with tips for adults to manage stress and anxiety related to COVID-19, CNN.
Talking to Children About COVID-19: A Parent Resource	A resource for parents and guardians on talking with children about coronavirus, National Association School Psychologists.
How to Talk to Kids and Teens about the Coronavirus	A comprehensive article about speaking to children from preschool age to high school age about the coronavirus with links to podcasts, Psychology Today.
Just For Kids: A Comic Exploring The New Coronavirus	A comic designed to help kids understand coronavirus, NPR.

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COVIBOOK	A story and worksheets designed to help explain COVID19 and process emotions for children in grades PreK - 2, translated in several languages.
The Autism Educator: A Social Story about Coronavirus	Social stories for students to understand the coronavirus.

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