

Resources for Pre-K Staff

This document was created to give Pre-K staff access to resources that can be shared with families during the Covid-19 pandemic, by topic of need/interest.

Explaining Covid-19 to Children	Creating a Schedule & Routines
• Book: Coronavirus for Kids • Visual: Coronavirus for Kids • Public Health Emergency: Psychological Tips for Children & Adolescents Emotions • Supporting Young Children Isolated During Coronavirus	• Learning Routines for Children • Video: Implementing a Visual Daily Schedule at Home • Visual Daily Schedule • Sleep Routines for 3-5 Year Olds • Sweet Dreamzz Sleep Newzzzz 1
Staying Healthy & Active	Meeting Social-Emotional Needs
• Go Noodle Movement Activities • 10 Minute Kids Workout • Scavenger Hunts • Sensory Activities • Interactive At-Home Activities • Making Time to Play • Video: How to Wash Your Hands • Book: H is for Handwashing • Visual Procedures for Handwashing • Eating Healthy at Home • My Plate Kids Place	• Conflict & Consequences: New Roadmap to Behavioral Change • Social Skills Cards • Videos: Social Skills • Helping Children Create a Calm Down Place • PBIS at Home • 10 Things to Say Instead of Stop Crying • Social Story: Asking for Help • Activities to Understand Feelings • 4 Ways to Help Your Anxious Child
Mindfulness	Other Resources for Parents
• Mindful Moments cards • Family Mindfulness Schedule • Meditation Apps for Kids • Mindfulness Activities & Exercises • Yoga for Children • Videos: Cosmic Kids Yoga • Videos: Mindfulness & Yoga	• Creative Curriculum-Healthy at Home • Stop & Go Door Signs • Visual Shopping Plan • The Importance of Self-Care • Video: Responding to Conflict During Seasons of Change • Action for Healthy Kids Resources
Learning at Home	Other Resources for Staff
• My Kid's School Is Closed, So Now What? • Fine Motor & Letter Practice • Playful Learning Activities-Literacy, Math, Arts & Sciences • Non-Screen Activities • Simple Activity Ideas for Preschoolers • Giant List of Ideas for Kids at Home	• Transform Challenging Behavior Online Conference • Self Care for Teachers • Conscious Discipline • Sesame Street • Teaching Strategies Classroom Connect • High Scope at Home