

## Social/Emotional Resources

Social emotional wellbeing is fundamental to the overall health of an individual, enabling one to successfully overcome difficulties and achieve what they want out of life. During times of high stress and uncertainty it is important to not only tend to your child's emotional well being but your own. Your child's wellbeing will be affected by yours, so it is essential that you take time for yourself in this respect. Below are resources to support your social emotional wellbeing as well as the social emotional well being of your child.

## Supports for Parents

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.

### CoronaVirus related

[Comic Exploring Corona Virus \(NPR\)](#)

[5 Ways to Help Teens Manage Anxiety About the Coronavirus \(via New York Times\)](#)

[BrainPop on Coronavirus](#)

[How to Talk to Kids About Coronavirus \(via Open Circle\)](#)

[How To Talk To Your Kids About Coronavirus \(via PBS\)](#)

[Teaching Kids Media Smarts During Breaking News](#)

[Talking to Your Child about Coronavirus Racism](#)

[My Kid's School is Closed. So Now What? \(via Confident Parents, Confident Kids\)](#)

### Supporting Your Child

*Below are activities and games that can be used to support your child's social emotional well being*

#### Activities/Games

[Kindness](#)

[Top 10 Videos on Social Emotional Learning](#)

[SEL passport challenge](#)

[Sesame Street: Little Children/Big Challenges \(ages 2-5\)](#)

[Brain Pop \(In Spanish\)](#)

[Brain Pop \(In English\)](#)

[SEL Activities](#)

[NBC Parent Toolkit](#)

[Info About Kids. Org](#)

[JusTme--Kindness for Self and others \(mindfulness\)](#)

## **Personal Supports**

[Center for Urban And Racial Equity](#)

[9 Resources for Coping with Coronavirus Anxiety](#)

[How to Cope with Parent Stress and Anxiety](#)

[Self Care: 12 Ways to Take Better Care of Yourself](#)

[CASEL Guide For Parents and Caregivers](#)

[SEL for Parents \(English\)](#)

[SEL for Parents \(Spanish\)](#)

[Amid Coronavirus, Social Distancing Doesn't Have to be Anti-Social](#)

[Love in the Time of Coronavirus](#)

[YMCA 360 Fitness Classes](#)

