



Sonoma County

Office of Education

Coronavirus Resources for Families

The following resources have been curated by Sonoma County Office of Education counselors. It will be updated as new resources become available.

Explaining Coronavirus to Children:

- [BrainPOP Coronavirus Video](#) / [BrainPOP Español Coronavirus Vídeo](#)
- [What is a Pandemic - Teaching Resources by Naomi O'Brien & LaNesha Tabb](#)
- [Why Can't I go to School? An Illustrated Story for Preschoolers](#) | [Por que no puedo ir a la escuela?](#)

Mental Health Resources & Information Guides for Educators, Families, & Children:

- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus 2019 - NAMI](#) / [Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 \(COVID-19\) - NAMI](#)
- [Mental Health and Coping During COVID19 - CDC](#)
- [Talking to Children About COVID-19: A Parent Resource - NASP](#) / [Hable con sus hijos sobre el COVID-19: Un recurso para padres - NASP](#)
- [Large-Scale Natural Disasters: Helping Children Cope - NASP](#) / [Desastres a gran escala: Cómo ayudar a los niños a hacerles frente](#)
- [Guía de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 \(COVID-19\) - NCTSN](#)
- [Coping With Stress During Infectious Disease Outbreaks - SAMHSA](#)
- [Feeling anxious right now? These therapy apps can help - FC](#)
- [The Parent Guide to Resilience - WhyTry](#)

Shelter in Place Activities for Adults & Children:

- [Sonoma County YMCA: Free Virtual Workouts and Activities](#)
- [Creative Peanuts-Themed Activities From the Charles M. Schulz Museum](#)
- [Need to Get Outside? National Parks Virtual Tours](#)
- [Get Creative: Arts-Inspired Ideas and Resources From Creative Sonoma](#)
- [13 Museums You Can Visit Online During Your Quarantine](#)



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- [Monterey Bay Aquarium Live Web Cams](#)
- [Simple Activities for Children and Adolescents - NCTSN](#)
- [Super Coloring - Printable and Online Coloring Tools](#)