

Self Care Resources

Elementary

[Emotional ABCs: Social-Emotional Development Skills Training for Kids](#)

[Breathe, Think, Do with Sesame on the App Store](#)

[GoNoodle - Kids Videos on the App Store](#)

[WORD SCRAMBLE HOW THE HURRICANE MADE ME FEEL](#)

[WHAT IS THE CORONAVIRUS? COVID-19 / CORONAVIRUS](#)

[How to Talk to Your Kids About Coronavirus](#)

[Super Stretch Kids Yoga: Home](#)

[YouTube: Headspace | Meditation | Underlying Calm](#)

<https://kidsforpeaceglobal.org/wp-content/uploads/2020/03/Ideas-Activities-for-Families-During-the-COVID-19-Pandemic.pdf>

Second Step:

[Second Step | SEL at Home: Resources for Remote Learning](#)

[Social Emotional Learning Activities](#)

Middle/High School

[Mental Health Toolkit for parents and caregivers of children & young adults in Central Massachusetts and surrounding areas](#)

[Mindmatters by Shine on the App Store](#)

<https://www.weareteachers.com/best-podcasts-for-kids/#.XnGrwpBqe3w.twitter>

Adult Self-Care

[Resilient Educators in Times of Crisis](#)

[Opinion | Working at Home? Self-Isolation Doesn't Have to Be Lonely](#)

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak.](#)

Resources

[What PANDAS/PANS Families Should Know About the Coronavirus](#)

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

[How to Talk to Your Anxious Child or Teen About Coronavirus](#)

[Network of Care Massachusetts](#)

[The family lockdown guide: how to emotionally prepare for coronavirus quarantine](#)

Spanish

[español: Enfermedad del Coronavirus 2019 \(COVID-19\)](#)