

# HELPING CHILDREN COPE WITH COVID-19

THE FOLLOWING LINKS PROVIDE MORE INFORMATION/RESOURCES



## HOW TO TALK TO YOUR CHILD ABOUT COVID-19

- [From the CDC](#)
- [Article from UNICEF](#)
- [National Association of School Psychologists](#)
- [Child Mind Institute](#)
- [Video from Child Mind Institute](#)

## CHILDREN'S BOOKS ABOUT COVID-19

- [COVIBook by Maunela Molina](#)
- [The Yucky Bug by Julia Cook](#)

## RELAXATION VIDEOS

- [Cosmic Kids Yoga](#)
- ["Belly Breathe" with Elmo](#)
- [Bring it Down](#)
- [Relaxing Music for Children](#)

