

**COVID-19 RESOURCE PACKET:
For Parents of Children & Teens**



Health/Wellness Resources for Parents (For All Ages):

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

- General info on COVID-19, how to protect your family, and how to talk to your children about the virus. Recommended for parents of **all ages**.

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

- A resource for how to talk to your children about the virus. Includes tips for parents, an informative video, and tips on how parents can help their child cope with rumors and stigma surrounding the virus. Appropriate for **all ages**.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

- Provides facts that can help facilitate discussions between parents and children. Appropriate for **all ages**.

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- Provides parents with a breakdown of age-appropriate explanations of COVID-19, whether your child is in **early elementary, upper elementary/middle school, and upper middle school/high school** there's an explanation for each age.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

- A resource specifically targeted to helping reduce excessive worries. Can help parents determine how much info is appropriate to share. **Recommended for younger children**, but appropriate for all ages.

Schooling Resources (Young Children):

<https://www.lernerchilddevelopment.com/mainblog/2020/3/15/life-in-the-time-of-the-coronavirus-how-to-balance-working-from-home-with-kids-in-the-house>

- A resource for parents with young children who are working from home.

<https://www.withunderstandingcomescalm.com/your-kids-and-the-coronavirus-five-things-you-can-do-to-make-this-time-meaningful/>

- A resource on how to provide structure and reduce stress surrounding being home all day.

<https://documentcloud.adobe.com/link/review?uri=urn%3Aaaid%3Aascds%3AUS%3A144989fd-d179-4bca-9629-bf96e3eee0c7>

- A guided workbook activity for children, targeted at improving children's mental health.

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

- A list of education companies that provide free resources.

<https://projecttiedye.com/>

- Provides families with thematic, service packages that bring families closer together through fun, engaging, books, games, activities and community service projects

<https://www.brit.co/keep-toddlers-busy/>

- A resource for parents of **toddlers**. Helpful for parents who work from home.

Schooling Resources (Teens):

<https://www.nytimes.com/2020/03/11/learning/coronavirus-resources-teaching-learning-and-thinking-critically.html>

Updated daily with writing prompts, lessons, and a editorial and podcast contest. Recommended for teens. Daily lessons include current events, health/wellness, global warming, and history.

<https://www.duolingo.com/>

- Program to learn a new language

<https://www.khanacademy.org/>

- For teens and parents. Math, Chemistry, Algebra and SAT prep lessons

https://www.youtube.com/watch?v=Yocja_N5s1I&list=PLBDA2E52FB1EF80C9&index=2&t=0s

- History lessons

SUGGESTED AT-HOME ACTIVITIES

Early Elementary:

General Activities

- Game night (each person gets a turn at picking the game/activity)
- Reading together
- Cooking together/making dinners (again, take turns picking the menu, getting the ingredients together, etc.)
- Scavenger hunts around the house
- Taking walks around your neighborhood

Activities for Mental Health/Behavioral Issues

- Candy Land with Feelings (see handout below, pg. 5)
- Body Map Activities
 - o Have children trace their body or draw an outline of a body. Have them fill in/color how they feel and where that feeling lives in their body.
 - o See handout below (pg. 6) for more detailed activity
- Tame Your Anger Dragon Meditation
 - o <http://kidsrelaxation.com/uncategorized/train-your-anger-dragon-relaxation-script/>

Upper Elementary/Early Middle School:

General Activities

- Make play-doh or slime
- Walks/bike rides around the neighborhood
- Cooking and meal planning together (get them involved in picking the menu and getting ingredients together)
- Game/trivia night
- Legos/puzzles

Activities for Mental Health

- Journaling prompts
- Yoga/Meditation
 - o Check the Georgetown Psychology website for a yoga for kids class that's coming soon.
 - o <https://www.youtube.com/watch?v=dF7O6-Qablo>

Teens:

General Activities

- Hikes/bike rides
- Reading
- Study/do research on a topic of interest
- Learn a new language on DuoLingo

Georgetown Psychology

Bethesda | Georgetown | McLean

- Research apps and workout studios who are offering free classes
 - o <https://www.corepoweryogaondemand.com/>
- Check on elderly neighbors or brainstorm service projects
- Watch a documentary with friends utilizing Netflix party
 - o <https://www.netflixparty.com/>
- Take a free art class via <https://www.brit.co/free-classes-stay-creative/>
- Watch a TEDx talk of your choice

Activities for Mental Health

- Journal prompts
- Yoga/meditation
 - o Check The Georgetown Psychology website for yoga for anxiety classes that are coming.
- Utilize a mood tracker app in order to track moods, anxiety/stress, and triggers

Candy Land with feelings

By: Sam Congdon, LMFT



RULES

Red- Tell me a memory that made you mad.

Orange- Tell me what you like to do for fun.

Yellow-Tell me something that makes you smile.

Green- Tell me something about your family.

Blue- Tell me something that made you sad.

Purple -Tell me something that scares you.

-If you land on a special card tell me a strength/skill, something you are really good at!

-If you land on skip a turn you get to ask me a question!

Body Map Activity

By: Dale Madden Sorcher, LICSW, LCSW-C

Have your child lie down on a large piece of paper (you can use wrapping paper). While the child draws, colors in or glues on household objects (buttons, yarn, etc.) to create this person, it's easier for them to talk and fill in information. As the parent, say: "Wow...what a fabulous person you created. I would love to hear all about them." Then this goes to "how old are they, who lives with them, where do they go to school, who's their best friend.... the list is endless.

Over the week, the parent and child could expand on this activity and together write a story about the child, keep a short journal of something that happens each day, etc. Feel free to have conversations over dinner about what the child has created. If you're working with a therapist you can discuss with the child's therapist what came up throughout this activity.

And, if there are other children around, a family of body tracings can be created as a family activity.

