





## Resources for Talking with your Child about Coronavirus

Resource	Weblink
<a href="#">How to Talk with your Child about Coronavirus</a>	Summary of resources from Mrs. Parkin, school counselor.
	<a href="#">Blog: Helping Kids Who Are Worried About Coronavirus by CounselorKeri</a>
	<a href="#">Coronavirus Handout by CounselorKeri</a>

[PDF here](#)

7 Scripts to Talk to Kids about the Coronavirus



[7 Scripts to Talk to Kids about the Coronavirus by Dr. Robyn Silverman](#)

## SOCIAL EMOTIONAL LEARNING BINGO CHALLENGE BOARD

SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
Set up a spot where you can go if you feel upset.	Do a feelings check in with yourself. How do you feel? How do you know?	Learn something about another culture.	Write a letter or make a card for a friend.	Work with your family to create a list of consequences for negative behaviors.
Journal or talk to a family member about how you're feeling every day for a week.	Make a list of the things you love about yourself. Hang it where you can see it every day.	Notice when someone needs something, then meet their need.	Apologize for a mistake you made.	At the end of the day, talk to a family member about your behavior for the day. What went well? What could you have done better?

[SEL BINGO Challenge Board](#)  
or  
[30 Things We Can Do For Our Emotional Health SEL Resource Sheet by Carol Miller](#)

## 30 Things YOU can do for YOUR Emotional Health

1 Practice a breathing technique.	2 Make a list of the feelings you can think of.	3 Play emotion charades. Can your family guess your feelings?	4 Write a letter to someone to let them know you appreciate them.	5 Do your chores without being asked.	6 Make a poster about KINDNESS for your classroom.
7 Make a list of 10 ways to show respect at school.	8 Explain to an adult what empathy means.	9 Go outside and count how many things that are red.	10 Make a list of 30 things you are grateful for.	11 Practice hot cocoa breathing. Smell the cocoa and cool it off!	12 Clean up without being asked.
13 Make a list of	14 Write what it	15 Make a list of	16 Write about	17 Talk to an	18 Write a note



### Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

At this time, information about COVID-19 is rapidly evolving as new details are confirmed and new questions emerge. In the event of an outbreak in your community, as a parent/caregiver, your first concern is about how to protect and take care of your children and family. Knowing important information about the outbreak and learning how to be prepared can reduce your stress and help calm likely anxieties. This resource will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.

#### What You Should Know

- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. COVID-19 is caused by a novel coronavirus; this means it is a new strain that has not been previously identified in humans.
- COVID-19 is a respiratory disease that is mainly spread person-to-person. Currently, there is no available vaccine or curative treatment, so the best preventative strategy is to avoid exposure.
- So far, children appear to be much less affected by COVID-19, which was also seen after other coronavirus outbreaks.
- Children with pre-existing illnesses may have different risk, so you should discuss this with your child's medical team.
- To reduce the spread of the virus, a variety of approaches will be used, including keeping those who are sick away from others and promoting healthy hygiene strategies. Additional recommendations for ways to contain the virus's spread could include canceling of events that attract large numbers of people; closing schools, public transit or businesses; and required quarantine, which is the separation and restriction of movement of people who might have been exposed to the virus.

## NCTCN Guide to Helping Families in [English](#), [Spanish](#), & [Chinese](#)



## [Training modules and articles](#)

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### Talking to Children About COVID-19 (Coronavirus) A Parent Resource

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

## NASP-Talking to Children About Covid 19 [English](#) & [Spanish](#)