

Additional Resources on COVID-19:

Apple podcasts:

<https://podcasts.apple.com/us/podcast/the-happiness-lab-with-dr-laurie-santos/id1474245040>

Mindfulness workbook:

<https://www.merrymount.on.ca/wp-content/uploads/2020/04/Mindfulness-Activity-Booklet.pdf>

Online interactive book:

<https://read.bookcreator.com/bhpCKyPa7qhdSCOcoCj3ommqw653/fkR68K5FRDu32Ev5sPzO8Q>

Feelings book:

<https://www.merrymount.on.ca/wp-content/uploads/2020/03/Emotional-Literacy-Activity-Booklet.pdf>

Video on breathing with a stuffed animal:

https://www.susankaisergreenland.com/watch-1/laura-greenfield-leads-rocking-a-stuffed-animal-to-sleep?utm_source=Inner+Kids+Master+List&utm_campaign=7a32821ed1-EMAIL_CAMPAIGN_2020_03_27_03_39_COPY_01&utm_medium=email&utm_term=0_4269579ecf-7a32821ed1-101452213

University of Maryland:

<https://theinstitute.umaryland.edu/covid-19/>

Telepsychiatry, videos:

https://www.aacap.org/AACAP/Clinical_Practice_Center/Business_of_Practice/Telepsychiatry/toolkit_videos.aspx

Center for developing child, Harvard:

<https://developingchild.harvard.edu/resources/covid-19-resources/>

iSPARC: youth with SMI:

<https://www.umassmed.edu/sparc/coronavirus/>

SMI people:

<https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2020.4b39>

<https://kidshealth.org/en/kids/center/relax-center.html>

<https://healthcaretoolbox.org/tools-and-resources/14-health-care-toolbox/tools-and-resources/602-covid19-children-and-families.html>

<https://www.zerotothree.org/resources/3274-zero-to-three-provides-expert-resources-to-parents-and-caregivers-in-response-to-coronavirus-pandemic>

<https://home.mcleanhospital.org/covid-19-resources>

<https://iocdf.org/covid19/talking-to-kids-about-covid-19/>

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

Great videos:

<https://www.anxioustoddlers.com/how-to-explain-the-coronavirus-to-kids/#.Xo4lHi-z3GJ>

Self-care professionals:

<https://healthcaretoolbox.org/tools-and-resources/14-health-care-toolbox/tools-and-resources/599-covid19-resources-for-healthcare-staff.html>

ISTSS:

<https://istss.org/public-resources/covid-19-resources>

ESTSS:

<https://estss.org/estss-statement-on-covid-19/>

MCPAP

<https://www.mcpap.com>

Transition Age Youth, UMASS:

<https://www.umassmed.edu/TransitionsACR/coronavirus/>

Autism:

<https://massairc.org/announcements/>

CANDO UMASS:

<https://www.umassmed.edu/globalassets/psychiatry/cando/covid-19-asd-resources.pdf>

<https://www.global-psychotrauma.net/about>

Center for the study of traumatic stress (COVID page):

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

National Child Stress Traumatic Network:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch>

International Society for the Prevention of Child Abuse and Neglect:

<https://www.ispcan.org/covid19resourcepage/>

American Academy of Pediatrics:

<https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Your-Childs-Resilience-in-a-Time-of-Crisis.aspx>

Child Trends:

<https://www.childtrends.org/research-topic/covid-19>

Virtual channel, how to talk to kids:

<https://www.wcvb.com/article/how-to-talk-to-your-children-about-coronavirus/31213919#>

Boston's Children's Hospital:

<http://www.childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus>

Center for Disease Control and Prevention:

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

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools-h.pdf>

National Public Radio, comic on COVID-19:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus%C2%A0>

Child welfare:

<https://chronicleofsocialchange.org/child-welfare-2/coronavirus-what-child-welfare-systems-need-to-think-about/41220>

Ontario Association for of Children's Aid Societies:

<http://www.oacas.org/covid-19-resources/>

Sesame street:

<https://www.sesamestreet.org/caring>

American Academy for Child and Adolescent Psychiatry:

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Susan Kaiser COVID page:

<https://www.susankaisergreenland.com/blog/things-we-think-you-d-like-to-know-coronavirus>

LA Times, Mindfulness:

https://www.latimes.com/lifestyle/story/2020-03-23/kids-mindfulness-tips-coronavirus?utm_source=Inner+Kids+Master+List&utm_campaign=32f1e0991c-EMAIL_CAMPAIGN_2020_03_27_03_39&utm_medium=email&utm_term=0_4269579ecf-32f1e0991c-101452213

Jessica Griffin interview:

<https://altamontenterprise.com/03232020/reassurance-routines-and-regulation-critical-children-isolation-expert-says>

BBC teaching ideas:

<https://www.bbc.co.uk/teach>

Psychology Today home learning during the crisis:

<https://www.psychologytoday.com/us/blog/child-development-central/202003/home-learning-during-the-crisis>

Psychology Today resilience and routines: <https://www.psychologytoday.com/us/blog/child-development-central/202003/resilience-and-routines-families-during-the-pandemic>

NIH on Meditation:

<https://www.nccih.nih.gov/health/meditation-in-depth>

Jud Brewer on anxiety and COVID:

<https://www.nytimes.com/2020/03/13/well/mind/a-brain-hack-to-break-the-coronavirus-anxiety-cycle.html>

Anxiety and COVID, Harvard:

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

Anxiety and COVID, Virginia University:

<https://news.virginia.edu/content/expert-offers-practical-advice-manage-your-coronavirus-anxiety>

Tool for anxiety, Virginia University:

<https://mindtrails.virginia.edu>

Guided meditation:

<https://www.rickhanson.net/a-meditation-for-feeling-as-safe-as-you-reasonably-can/>

Short talk on meditation during this period of time:

<https://www.youtube.com/watch?v=DgZETpd9h5s&feature=youtu.be>

PBS how to distress kids:

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

National Association for School Psychologists:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center>

Berkley University, Grater Good Center

<https://greatergood.berkeley.edu>

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Autism educator:

<https://littlepuddins.ie/coronavirus-social-story/>

Autism focused interventions:

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

School circles ideas:

<https://static1.squarespace.com/static/57c8b5752e69cfd0ca9faab4/t/5e77b99f56e8367abbb433a8/1584904608681/Recommendations+for+School+Circles+in+a+Time+of+Pandemic.pdf>

The Clay Center for Young Healthy Minds, resources:

<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

Other ideas:

indoor activities: <https://www.sensorylifestyle.com/preschooler-activities/indoor-movement-activities-for-kids-at-home?fbclid=IwAR3NtksPM9f8x7CBphH5q4DKFC05MKPBsRXsbewaORzb5mmcn04m5D5x3H0>

reading activities: https://kidsactivitiesblog.com/136186/celebrities-read-aloud-to-kids/?fbclid=IwAR1j8KJP_aGfgIFjr57sfEjGC9GJOsv-szLRzMQ8JcNSF5O5keVqur_nZ84

reading activities: https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/?utm_source=FB&fbclid=IwAR08cLO1gyCtWWBBSMzyKpmU1NniKM7MTwdUP5hhPIHO18fVzUqwgBLG9gE

Virtual zoo:

<https://www.houstonzoo.org/explore/webcams/>