Resource(s)	Info	Access
Center for Disease Control	Learning how to cope with fear, stress, and anxiety will make you, the people you care about, and your community stronger.	Managing Stress and Anxiety Other information included: • Reducing stress in yourself and others • Information for parents • Information for responders
Learning for free at home	An administrator has to register to gain access to the materials, it is free through the tutoring service Abcmouse.com	https://www.ageoflearning.com/schools.html
#COVIBOOK	Manuela Molina created this printable short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation *(available in several languages)*	https://www.mindheart.co/descargables
Setting a new Routine	**How to Set a Schedule for Kids while School is closed** *"Though it can be easy to let the next few weeks go by without structure, setting a schedule for the days at home will help life feel more normal — and make sure your children are not behind once they finally go back to school."*	**Example Schedule:**

Resource(s)	Info	Access
Self-Care in the Moment	Quick Exercises to Help You Maintain Your Self-Care in the Moment 	**Exercise 1:** • Write down **one thing** you can do in 30 seconds to calm yourself • Write down **one thing** that makes you laugh • Write down **one accomplishment** that you're proud of • Write down **one person** who you can talk to when you're upset • Write down **one habit** to improve for your well-being **Exercise 2:** • What are **5 things you can see**? • What are **4 things you can feel**? (get creative) • What are **3 things you can hear**? (listen carefully) • What are **2 things you can smell**? • What is **1 thing you can taste**?
Self-Soothing Activities	Self-soothing is a tool we can use to soothe and calm ourselves when we're anxious or distressed. It's a way of comforting, nurturing, and being kind to ourselves.	• What Self-Soothing Means and Ways to do it • Grounding Activities from Mindful Being • Mandalas to Print and Color • How to Manage Anxiety and Isolation during Self-Quarantine