

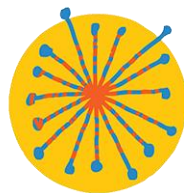
School of St. Mary COVID-19 Resource List

A COMIC JUST FOR KIDS: HOW TO STAY SAFE FROM THE CORONAVIRUS

<https://www.npr.org/sections/goatsandsoda/2020/11/16/934679210/just-for-kids-how-to-stay-safe-from-the-coronavirus>

How to Talk to Your Kids About Coronavirus·a quick 3-minute video from Massachusetts General Hospital

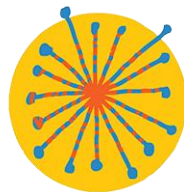
<https://www.youtube.com/watch?v=y81pZO7gaq0&feature=youtu.be>



**The Clay Center for
Young Healthy Minds**

Shining light on mental health through education.

SELF-CARE TIPS FOR TEENS-VIDEO AND ARTICLE



**The Clay Center for
Young Healthy Minds**

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10 Self Care Tips for Parents

[Helping children cope with changes Resulting from covid-19](#)

CALLING ALL PODCAST FANS!!!



Podcast on a variety of topics related to mental health and kids. Several specific to coping with stress during COVID. Many are short- 10 mins max

<https://www.mghclaycenter.org/multimedia/podcasts/>

Visual breathing exercises to help kids calm down. Also great for when kids cannot sleep.



<https://childhood101.com/take-5-breathing-exercise/>

Short and quick yoga exercises to help calm the body and refocus.



<https://childhood101.com/yoga-for-kids/>

Kids and the Holidays during a pandemic



<https://childmind.org/article/holiday-during-the-pandemic/>

How to spot depression in kids



<https://childmind.org/article/signs-of-depression-during-coronavirus-crisis/>

A huge resource guide for parents on how to navigate COVID 19



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

How to Ease your Kids Anxiety



<https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>