Resources on Managing Feelings, Fears and Worries about COVID-19

Here are a number of great resources around feelings, fears and worries. Many are related specifically to the Coronavirus and some are about anxiety more generally. We’ve also included a couple of mindfulness websites that are great to help kids find a bit of peace in these really unsettling times.

Books:

*Something Bad Happened: A Kid’s Guide to Coping with events in the News*, Dawn Huebner  
-Ages 6-12. How to process different world events.


*Have You Filled A Bucket Today? A guide to Daily Happiness for Kids*, Carol McCloud  
-Encourages positive behavior and expressing kindness and appreciation

*How are you Peeling: Foods with Moods*, Saxton Freymann & Joost Elffers  
-Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids.

*The Way I Feel*, Janan Cain  
-Explores Feelings. A good way to talk about emotions with young kids.

*A Terrible Thing Happened*, Margaret M Holmes  
-Ages 4-8. A story for children who have witnessed violence or trauma
Articles:

- **Understanding the Mental Health and Social Impact of the Coronavirus: Finding the Middle Path**: This is a great article explaining the science behind our reactions to epidemics and practical ways we can find balance.
- **Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators** from the National Association of School Psychologists. A
- **Anxiety and world news**: from Hey Sigmund. This is a great website for parents/carers containing the latest psychological news and research.
- **Managing anxiety age by age**: also from Hey Sigmund. A guide about what to expect age by age around anxiety, strategies and tips on when to get help.
- **Talking about world trauma with kids**: another great article from Hey Sigmund!
- **CoronaVirus Anxiety: 4 Ways to cope with Fear** - psych central
- **APS article re coronavirus** - APS

Podcasts:

- **8 Different Podcasts to listen to regarding Anxiety**
- **Peace Out** - short stories that help kids calm down and relax. We’ve used this podcast with many of our students, and it appeals particularly to our younger year levels.
- **American Psychological Association: CoronaVirus Anxiety** (not as current, American Focus)

Videos:

- **Brain Pop Video** - This is a great clip for kids, explaining the virus and how to stay healthy.
- **Coronavirus WHO (video)** from the World Health Organization “What do you know about the novel Coronavirus that is causing a health emergency? “

Mindfulness for kids:

- **Smiling Mind** - Smiling Mind is a great mindfulness app/website for the whole family (Age 7+). Many of our students use Smiling Mind in class as a way to help calm and focus their brains and bodies.
- **Cosmic Kids** - Yoga and mindfulness for kids ages 3+. This is a great resource and many kids have experience using it in class.
World Health Organization

- Coronavirus WHO webpage
- WHO Coronavirus Myth Busters

High School related:

- Article: NACAC, ACT, COLLEGE BOARD, AND COMMON APP Join International ACAC Presidents in ENCouraging Support for Those Impacted by the Coronavirus Outbreak.

Visuals:
MANAGING YOUR MENTAL HEALTH DURING NCP (Novel Coronavirus Pneumonia)

START A GRATITUDE JOURNAL
At the same time that we're keeping our thoughts away from the negative, we can start to focus on the positive. Just a few minutes every day looking at the good things that happened or things that you are grateful for during the day; you force your mind to think about the positive things in your life.

MOVE IT!
Exercise that raises your heart rate and makes you sweat is good for mental health. Here are some ideas to move your body:
- Yoga
- Hiking
- Biking
- Swimming
- Dancing

PET POWER
Maybe it’s because they furnish without judging, they are always happy, even when they’re feeling blue, yarn provides a loving companion that makes us feel happier and more at ease.

YOU ARE MY SUNSHINE
Sunlight stimulates the production of vitamin D, which is vital for bone health. Sunlight also increases your mood. It also helps your body regulate its waking and sleeping cycle. Sunlight helps your body produce Vitamin D, a necessary nutrient for the production of healthy bones and teeth.

PLANT YOURSELF
Make your space a little greener and take advantage of the good things in the sky. Dig around in the dirt and place some seeds or seedlings. If you don’t have a garden, start one on your windowsill or balcony. This is a great component if you can plant some flowers in a border outside.

FOCUS ON SOMEONE ELSE
Think about the people around you. Who can you help in this time of need? What can you do to help them? If you don’t have anyone in mind, please consider reaching out to a friend or family member. They may need help too.

FOR KIDS AND KIDS-AT-HEART

Weekly Wellbeing Check In • MHFA England
**My Weekly Checklist**

### School related checklist
**Did I...**
- Check my emails daily during the school week?
- Ask my teacher questions when I was confused or unsure?
- Work collaboratively with my partner?
- Complete all tasks that were set?
- Attend any schedule face to face lessons?

### Well being checklist
**Did I...**
- Plan a weekly schedule for myself?
- Engage in any physical activity this week?
- Talk to my friends and/or family about any difficulties I am having?
- Take a break from my screen time?
- Have a balanced week between school work and my hobbies?

### My own checklist
**Did I...**
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]