Resources for Coping with COVID-19 and Staying Home

General

Center for Disease Control


World Health Organization


Washington Post – the arithmetic of how pandemics work


Helping Parents, Families during Social Distancing

National Public Radio piece – Dr. Mary Alvord

https://thekojonnamdishow.org/shows/2020-03-24/maintaining-your-mental-health-during-coronavirus

American Psychological Association

https://www.apa.org/practice/programs/dmhi/research-information/social-distancing

https://www.apa.org/helpcenter/pandemics

https://www.apa.org/practice/programs/dmhi/research-information/pandemics

https://www.apa.org/practice/programs/dmhi/research-information/social-distancing

Related research from APA

https://www.apa.org/news/apa/2020/03/covid-19-research-findings

Consortium for Science-based Information about Children, Youth and Families (CSICYF)

www.infoaboutkids.org

(This is an evidence-based web resource center developed by 7 APA divisions – 7, 15, 16, 37, 43, 53, 54.)


Child Mind Institute

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


Child Trends


Dr. Rosenthal (psychologist), New York City


American Academy of Pediatrics

https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx

Center on the Developing Child


Positive Coaching Alliance, regarding youth athletes

National Association of School Psychologists


National Traumatic Stress Network


https://www.nctsn.org/resources/simple-activities-children-and-adolescents

Early Learning Nation:


Harvard Graduate School of Education:


Zero to Three

https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus

Authentic Connections (Dr. Luthar, psychologist)
One of the most popular authors, Brene Brown, has a new podcast called Unlocking Us- check it out at her website: [https://brenebrown.com/unlockingus/](https://brenebrown.com/unlockingus/)

Tiny Desk Concerts From NPR - the ones featured in the link are supposed to help with calm, which we could also use a little of right now: [https://www.npr.org/2020/03/19/818079150/5-tiny-desk-concerts-to-calm-your-mind](https://www.npr.org/2020/03/19/818079150/5-tiny-desk-concerts-to-calm-your-mind)

New York Times regarding parents’ questions


Helping Teens

For Kids

Video Gaming (for teens) related to spreading outbreaks


ABSOLUTE EHS: Environmental, Health and Safety Consulting and Support Services

https://www.youtube.com/watch?v=dggEBYJNEQ0

National Public Radio


https://www.npr.org/2020/03/13/815715527/the-buzz-on-bee-barf-sticky-science-behind-bumblebee-vomit

PBS

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus

Exercise

Exercise - adults:

Peloton (most of you know how much of a fan I am of their outdoor runs, strength, yoga, meditation, and of course bike and treadmill – you don’t have to have theirs)


Pure Barre On Demand is offering a 60 day free trial. Promo code: EXTENDEDTRIAL.
Go to https://ondemand.purebarre.com/
click the 30 day trial, start, and put in code - it extends from 30 to 60 days and puts fee to $0

Exercise – kids:

Cosmic Kids Yoga

https://www.youtube.com/user/CosmicKidsYoga

Go Noodle

https://www.gonoodle.com/
Activities for Adults and for Kids

Yale University is offering a free course online, *The Science of Well-Being*, that teaches you how to be happier.

Professor Laurie Santos taught a class called Psychology and the Good Life first in spring 2018 in response to concerning levels of student depression, anxiety, and stress. It became the most popular class in Yale's history and garnered national and international media attention.

To share the class' contents with a wider audience, Santos created a Coursera course. You can audit it entirely for free or opt for a $49 certificate of completion.

The Mighty compiled ideas about board games online:

- **Imaginiff** is a good group game that only one person has to have, same with Scattegories or trivia, which could accommodate two or more players. Utilizing an online platform like [Board Game Arena](https://boardgamearena.com) is another idea as well.

Good Gardening Videos

[https://goodgardeningvideos.org/](https://goodgardeningvideos.org/)

Zoo

[http://cincinnatizoo.org/home-safari-resources/](http://cincinnatizoo.org/home-safari-resources/)

Virtual Field Trips

[https://docs.google.com/document/u/0/d/1SvIdgTx9djK06SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR3sWJERRaPzF5-7-GMWbW9zHDLv6ULru-9_mMnYWHTobmrfbVhi_k0Mq4](https://docs.google.com/document/u/0/d/1SvIdgTx9djK06SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR3sWJERRaPzF5-7-GMWbW9zHDLv6ULru-9_mMnYWHTobmrfbVhi_k0Mq4)

Audio listening:

[https://stories.audible.com/start-listen](https://stories.audible.com/start-listen)

Libby app – the way to access e-books and audiobooks from the libraries that are now closed

[https://www.overdrive.com/apps/libby/](https://www.overdrive.com/apps/libby/)

Language:

[https://rosettastone.com/freeforstudents/](https://rosettastone.com/freeforstudents/)

Arts:
https://www.clevelandinnercityballet.org/single-post/2020/03/14/Cleveland-Inner-City-Ballet-to-launch-Virtual-Online-Ballet-Instruction-Program?fbclid=IwAR2DMb8IurQP6LW4yPa95-UMnARl28_L7zB4QyQwPdtwsmd5Rcr2W0b23c

https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR2bCZcBYYUvu_ChxYzgrPEd3z3zI3K-BhxC2s6uX0Z6AitZTKBDi3Vi-l

https://www.wkyc.com/article/entertainment/museumofferingvirtualtours/103-3b3be900-2956-4ac3-88e3-43ec2880fc2b

Mo Willems - https://www.kennedy-center.org/education/mo-willems/

Educational Activities

https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1rJJfeWcU-eD8B1Ak97E8g_w9UThq54lo-6kPKOsq_ltODtc1zXhN-HKU

Science: https://www.facebook.com/TheScienceMom/posts/2555301844707352?hc_location=ufi

Math: https://www.weareteachers.com/best-math-websites/?fbclid=IwAR31ycYhzbbVpQhalduTteXUFfTa43lqropiq-5Z82jofVpr8k-dkyYj6SY#.XnAV7rkdwWw.facebook

Educational shows


Disney +: Brain Games, National Geographic

PBS: Wild Kratts, Xavier Riddle, Reading Rainbow, Between the Lions, Peg + Cat

Amazon Prime: Horrible Histories (for slightly older kids in late elementary, middle school)

Educational apps

from Originator Kids: Endless Alphabet, Endless Reader and Endless Numbers; Raz-Kids and Kiddopia.