

Helpful Resources in the Time of COVID-19

Health & Safety

How to clean during a Pandemic	1
Wear a mask	2
How to make a mask	3

Mental Health

How to de-stress during a pandemic	4
Tips for dealing with uncertainty	5
CDC's guide for coping	6
NAMI COVID-19 resource guide	7
Kidscreen COVID-19 mental health guide	8
Ways to soften loneliness	9
Being isolated with a mental illness	10
Protecting yourself from fear	11

Parenting

How to talk to your kids about COVID-19	12
Talk to, play with, and teach your child from home	13
A comic for explaining COVID-19	14
Parent/Caregiver's guide to COVID-19	15
Working at home with kids	16
Will everyone be okay?	17
Steps to ease kids' fears about COVID-19	18
"Quarantine Pup" a story to read to kids	19
Helping kids learn from home	20
Help kids manage stress	21



Helpful Resources in the Time of COVID-19

Mindfulness

Cosmic Kids Yoga	22
10-minute meditations through Calm	23
Calm's "Daily Gratitude" journal	24
Ways to help your community	25
Free meditation training from the Healthy Minds Program	26
How to turn your home into a healing space	27
Use music to help you meditate	28
How to start journaling when everything feels uncertain	29

Get Moving - free online workout classes

Shape's list of free online workout class hosts	30
Les Mills	31
Orange Theory	32

Education

Explore the galleries of the Museum of Natural History	33
Music Education resources from Classical 100	34
Resources for teachers	35
Dyson's fun challenges for kids	36

Resources for Veterans and Caregivers

Lift & Shift Foundation	37
Wounded Warrior Project	38
The Elizabeth Dole Foundation Hidden Heroes project	39



Helpful Resources in the Time of COVID-19

Creativity & Culture

Online music with Laura Benanti	40
Learn to Animate for free with Toon Boom	41
Doodle online with Kennedy Ctr Artist-in-Residence Mo Willems	42
30 virtual field trips your kids can take while sheltering in place	43
#ColourCollections is offering free coloring sheets and books	44
Visit the Society of Illustrators online	45
Check out the Mattel Playroom	46
See live streams and virtual concerts from home	47
Take online classes at Hogwarts!	48
Explore LEGO's Architecture Sets	49
Cope with change by playing	50
Disney animators are offering free illustration lessons online	51

Connecting

Use the NetflixParty/TeleParty Chrome extension	52
Have Oprah, Betty White, and more read to your kids on YouTube	53
Host an online karaoke party	54
How to host a virtual game night	55
How to connect with your friends and family while staying home	56
More game night ideas	57
How to have deeper, more intimate conversations	58



Helpful Resources in the Time of COVID-19

Health & Safety

https://www.marthastewart.com/7752552/how-clean-kitchen-groceries-coronavirus-covid-19?utm_source=twitter.com&utm_medium=social&utm_campaign=social-share-article	1
https://medium.com/the-atlantic/the-real-reason-to-wear-a-mask-e6405abbc484	2
https://www.goinvo.com/vision/coronavirus/	3

Mental Health

https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus	4
https://facultyfactory.org/podcast/#episode61	5
https://emergency.cdc.gov/coping/selfcare.asp	6
https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide	7
https://kidscreen.com/2020/04/06/resources-to-help-you-cope-with-covid-19/#.Xo4toJDIYI8.twitter	8
https://www.calm.com/blog/4-ways-to-soften-loneliness	9
https://www.nami.org/Blogs/NAMI-Blog/April-2020/Being-Socially-Isolated-with-Mental-Illness-A-Perspective-for-Loved-Ones?utm_source=naminow&utm_medium=email&utm_campaign=naminow	10
https://ideas.ted.com/fear-is-contagious-heres-a-simple-way-to-protect-yourself-against-it/	11

Parenting

https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html	12
https://medschool.cuanschutz.edu/psychiatry/covid-19-support/resources-for-kids-parents	13
https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus	14
https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019	15
https://theeducatorsspinonit.com/working-at-home-with-kids/?fbclid=IwAR3YZCegqkaT0zFMeSLhAbHUpod_kn6Q0q3hSaQHnDNuTomobOt2DeYa9No	16
https://www.drawnfromvalor.org/post/dfv-thinks-will-everyone-be-ok	17
https://blog.cincinnatichildrens.org/steps-to-help-ease-kids-fears-and-anxieties-about-covid-19	18
https://www.yumpu.com/en/document/view/63261357/quarantine-pup	19
https://www.psychologytoday.com/us/blog/the-pursuit-peace/202004/successful-learning-home	20
https://www.pbs.org/parents/thrive/kids-regressing-help-them-cope-with-stress-during-coronavirus	21



Helpful Resources in the Time of COVID-19

Mindfulness

https://www.youtube.com/user/CosmicKidsYoga?	22
https://www.youtube.com/c/calm/playlists	23
https://www.calm.com/blog/daily-gratitude-journal	24
https://www.mindbodygreen.com/articles/what-you-can-do-to-help-your-community-amid-covid-19-outbreak	25
https://hminnovations.org/meditation-app	26
https://integrativemedicine.arizona.edu/COVID19/sheltering_in_place.html	27
https://www.calm.com/blog/listen-deeply-to-music-and-it-becomes-your-meditation	28
https://advice.theshineapp.com/articles/a-journaling-exercise-for-when-everything-feels-uncertain/	29

Get Moving - free online workout classes

https://www.shape.com/fitness/trends/free-online-workouts-coronavirus?	30
https://watch.lesmillsondemand.com/at-home-workouts/season:1	31
https://www.youtube.com/channel/UC2mPx7FrMwWJ1utQEOX9z9w	32

Education

https://naturalhistory.si.edu/visit/virtual-tour	33
https://www.classicfm.com/classical-100/abrsm-music-education-resource-free-lockdown/	34
https://www.boclips.com/global-public-health?utm_campaign=COVID-19%20Response&utm_content=129029750&utm_medium=social&utm_source=twitter&hss_channel=tw-1226927182758469634	35
https://www.jamesdysonfoundation.com/resources/challenge-cards.html	36

Resources for Veterans and Caregivers

https://www.weliftandshift.org/resources/covid/index.html	37
https://www.woundedwarriorproject.org/ready-to-serve	38
https://hiddenheroes.org/coronavirus/	39



Helpful Resources in the Time of COVID-19

Creativity & Culture

https://twitter.com/LauraBenanti/status/1238540113795309569?s=20	40
https://www.toonboom.com/covid19?fbclid=IwAR1hKDP5E8b4RnUx_wCTpCh9D8Tnw9P0U-DeGxj4xa3soGUICcfffj0aCZs	41
https://www.kennedy-center.org/education/mo-willems/	42
https://theeducatorsspinonit.com/virtual-field-trips-for-kids/?fbclid=IwAR1pCsmGDoBlz-j6uxNHNB9b5MWarDFr6lpcauvxaQqmuDZPon1BsCAK0CU	43
https://library.nyam.org/colorourcollections/	44
https://societyillustrators.org/	45
https://www.mattel.com/en-us/playroom	46
https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams	47
https://www.housebeautiful.com/lifestyle/a32080806/hogwarts-free-online-classes/	48
https://www.thediscoverer.com/blog/legos-architecture-sets-are-a-fun-way-to-explore-the-world-from-home/XvHyVpKgiwAG5a1p	49
https://www.legofoundation.com/en/learn-how/blog/play-to-cope-with-change/	50
https://disneyparks.disney.go.com/blog/2020/03/draw-mickey-mouse-at-home-with-a-disney-parks-artist/	51

Connecting

https://www.netflixparty.com/	52
https://www.youtube.com/channel/UCnBdzaRy-Ky9Vh54XJIFz1Q	53
https://www.singsnap.com/#/login	54
https://www.marthastewart.com/7735817/how-host-virtual-game-night	54
https://www.cnet.com/news/socializing-while-social-distancing-tech-can-help-you-get-creative/#ftag=COS-05-10aaa0j	55
https://www.npr.org/sections/coronavirus-live-updates/2020/03/27/822518136/keep-your-game-night-rolling-at-a-safe-distance-with-these-3-online-services?utm_campaign=storyshare&utm_source=twitter.com&utm_medium=social	56
https://www.psychologytoday.com/us/blog/fixing-families/202005/how-have-deeper-more-intimate-conversations	57
	58

