

## Resources for Children and Caregivers

Below are resource links that may be helpful for caregivers and their children as they cope with the coronavirus (COVID-19) crisis.

### CHILDREN'S LEARNING

- For young children: Streamed videos of actors reading children's books with creatively produced illustrations (Storyline Online) – [Link](#)
- Khan Academy offer free on-line lessons for children and youth of all grade levels – [Link](#)

### PLEASURABLE FUN ACTIVITIES

- 250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis (Kids Out and About) – [Link](#)

### HEALTH

- **Diet Health**
  - Start Simple with MyPlate: Food Planning During the Coronavirus Pandemic (US Department of Agriculture Choose MyPlate) – [Link](#)
- **Physical Health**
  - Free 8 AM Live Stream Workout – [Link](#)
  - Orange Theory At-Home Workout – [Link](#)
  - Fitness Blender (At Home Workouts) – [Link](#)
  - DoYogaWithMe – Free 2 Months Access – [Link](#)
  - Yoga by Adriene on YouTube – [Link](#)
  - 11 Quick Chair Exercises That Work as Well as Going to the Gym – [Link](#)
- **Mental Health**
  - Coping Skills for Dealing with the Coronavirus (COVID-19) from a Child Therapist (Coping Skills for Kids) – [Link](#)
  - Feeling Stressed About Coronavirus (COVID-19)? Managing Anxiety in an Anxiety-Provoking Situation (NYS Office of Mental Health) – [Link](#)
  - ASL (American Sign Language Video Series: Managing Stress and Anxiety) – [Link](#)
  - Meditation: Mindfulness for Teens – [Link](#)
  - Progressive Muscle Relaxation
    - For Kids: [Link](#)
    - For Teens/Adults: [Link](#)

### RELAXATION, REGULATION, AND ACTIVITIES

- Take a Deep Breath: Let's Meet This Moment Together (Calm). Relaxation and Meditation for **All** Ages [Link](#)
- 50 Calm-Down Ideas to Try for Kids of All Ages – [Link](#)
- Children: Breathe, Think, Do with Sesame by Sesame Street. [YouTube Link](#) and a free app is also available
- Helping children self-regulate:
  - For children 0-5 years (building warm & responsive relationships) – [Link](#)
  - For children 1-6 years (for toddlers throwing tantrums in struggling to self-regulate) – [Link](#)
  - For children 1-8 years (behavior management tools) – [Link](#)
  - For children 1-15 years (praise, encouragement, and rewards) – [Link](#)
- Adults/Caregivers
  - Meditation: Calm App provides brief 10-minute meditations – [Link](#)
  - Yoga for Vulnerability – [Link](#)
- Isle Of Calm: Stream 6 Hours Of Soothing Music (National Public Radio/Spotify) – [Link](#)

# COPING WITH COVID-19

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## VOLUNTEERING/ HELPING OTHERS

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- 5 Ways New Yorkers can help each other through the pandemic (City and State New York) – [Link](#)
- Search of volunteer to help on the COVID-19 Response (Volunteer New York) – [Link](#)
- Our Response to COVID-19 (New York Cares) – [Link](#)

## CONNECTING TO OTHERS

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- Free online games ranging from casual if you just have a few minutes to longer-form games that you can come back to (Kongregate) – [Link](#)
- Stay connected with friends, play games, and see everyone on the same screen in an easy to pop in and out of “house” (Houseparty) – [Link](#) and app is available for the iPhone and Android.
- A new way to watch movies together (Netflix Party Google Chrome Extension) – [Link](#)
- Place of Positivity
  - Action for Happiness is a movement of people committed to building a happier and more caring society (Action for Happiness) – [Link](#)
  - John Krasinski of The Office fame has started a YouTube channel from his home, sharing little bits of positive news to lift spirits! (Some Good News) – [Link](#)

## COPING THOUGHTS

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- For Young Children: Breathe, Think, Do with Sesame by Sesame Street. [YouTube Link](#) and an app is also available for free.
- For Adults: Managing Fears and Anxiety Around the Coronavirus (COVID-19) (Harvard) – [Link](#)

## HOTLINES & SUPPORT GROUPS

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- Here to listen and help via text, call, or chat (NYCWell) – [Link](#)
- Support regarding anxiety and stress - Call SAMHSA Disaster Distress Hotline: 1(800) 985-5990 or text TalkWithUs to 66746
- Support for victims: Call the Hotline at 1(800) 799-SAFE (7233) or visit their website at <https://www.thehotline.org/help>