

## **To Use with Kids:**

### **Videos:**

Belly Breathe With Elmo:

- [https://www.youtube.com/watch?v=\\_mZbzDOpylA](https://www.youtube.com/watch?v=_mZbzDOpylA)

Time to Come in, Bear: A Children's Story about Social Distancing

- [https://www.youtube.com/watch?v=DA\\_SsZFYw0w&feature=youtu.be](https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=youtu.be)

Go Noodle Calming Video Activities

- [https://www.youtube.com/results?search\\_query=melting+flow+gonoodle&fbclid=IwAR0jvbReP](https://www.youtube.com/results?search_query=melting+flow+gonoodle&fbclid=IwAR0jvbReP)

Mindfulness classes for kids:

- [https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?fbclid=IwAR0E8cKizgjmaGs\\_Vp\\_LfqiV89o7HbnseuD0B4p974ERFMzma-SzzQxvO7A](https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?fbclid=IwAR0E8cKizgjmaGs_Vp_LfqiV89o7HbnseuD0B4p974ERFMzma-SzzQxvO7A)

### **Activities and Stories:**

COVID Story Book (available in multiple languages):

- <https://www.mindheart.co/descargables>

Mad-Sad-Glad Ad Libs

- [https://www.greatschools.org/gk/articles/social-emotional-learning-mad-libs/?fbclid=IwAR0jvbReP6qp6rwqMYwAdgVUeNVa\\_IQQtO\\_X5jwooNagpn37ozuGN1eFlA4](https://www.greatschools.org/gk/articles/social-emotional-learning-mad-libs/?fbclid=IwAR0jvbReP6qp6rwqMYwAdgVUeNVa_IQQtO_X5jwooNagpn37ozuGN1eFlA4)

A Comic to Explore Coronavirus:

- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR39ujAqWH93K3y5HXoXuCwBE1AnI5huqr8gJ6I721dzRvVuDfufTIL-m38>

Social story about Coronavirus:

- <https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

See you later Alligator activity:

- <https://onedrive.live.com/view.aspx?resid=4D31C43D0704F5D8!558&ithint=file%2cpptx&authkey=!AGVy3mWU-BPXdBs>

Children's Books Read Aloud: Many of the same great children's books have authors reading them out loud as videos on youtube or via the below link for Save With Stories

- <https://www.instagram.com/SAVEWITHSTORIES/>

The Rock & The Playdoh – COVID-19 What can you control?

- [https://docs.google.com/presentation/d/1v4v1O1Ss1hqVSFljDokItoVkFRY\\_FdiNltOhKB7uW0g/mobilepresent?slide=id.p](https://docs.google.com/presentation/d/1v4v1O1Ss1hqVSFljDokItoVkFRY_FdiNltOhKB7uW0g/mobilepresent?slide=id.p)

My Pandemic Story guided activity workbook that is being used in the video.

- <http://www.childrenspsychologicalhealthcenter.org/>  
<http://www.childrenspsychologicalhealthcenter.org/resources/guided-activity-workbooks/>

Flip book on coronavirus:

- <https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

Busy Bee (teaching fight, flight, or freeze)

- <https://onedrive.live.com/view.aspx?resid=4D31C43D0704F5D8!564&ithint=file%2cpptx&authkey=!AACsCRnCKE-pGhw>

Sesame Street Health Resources (general health – hand washing, etc)

- <https://sesamestreetincommunities.org/topics/health/> (Sesame Street in Communities doesn't appear to have any COVID-19 or coronavirus specific information, but they have lots of resources for teaching kids about germs and hand washing and health.)