**Coping Strategies for Adults and Children:**

Deep Breathing: breathe in through the nose for 4 counts and breathe out through the mouth for 4 counts. Continue for 3 minutes. Controlled breathing helps to steady your heart rate and calm you down.

* Go for a walk or exercise: placing focus on your body and not on your mind can help you relieve stress and anxiety.
* Replace each thought of worry with 2 thoughts of something positive.
* Listen to calming sounds or music.
* Laugh, laugh, laugh!! Laughter helps to boost the immune system.
* Find something beautiful
* Dance
* Read a good book, draw a picture, do something you love
* Remember you are not in this alone. Share your thoughts and feelings with others who will help you in your time of need.

Resources:

Active Screen Time Resource

<https://www.gonoodle.com/for-families/>

GoNoodle gets kids up and moving to fun, engaging content and games

Brain Pop Videos and Activities

<https://jr.brainpop.com/health/>

Brain Pop offers videos and activities on multiple topics for younger age kids to explore

Kindness Videos

<https://www.randomactsofkindness.org/kindness-videos>

Videos on the science of kindness, random acts of kindness, and the importance of kindness during this time

Online Learning/Enrichment Resources

Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational

Resources

<https://www.amazingeducationalresources.com/>

Free Personalized Learning Resource

<https://khanacademy.org/>

Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading and Learning Can Happen Anywhere

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>