

Anxiety Resources Links

How to talk to kids about Covid-19:

<https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

[Helping Kids Who Are Worried About Coronavirus](#)

[What to Say to Help Kids Feel Calm When the World Feels Fragile -](#)

[What Happens In Your Brain and Body During Anxiety \(Hint: It's pretty awesome!\)](#)

[How to Help Children Feel Calm During a Global Crisis - \(Talking to Kids & Teens About COVID-19 and other Global Trauma\) -](#)

Social/Emotional Resource Links

A primer on social and emotional skills and practical approaches for dealing with modern problems.

[Social Skills Resources for Parents](#)

Centervention Social Emotional Learning Activities - tons of free resources - lessons, activities, & printables in the following skill areas: Communication, Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation

[Social Emotional Learning Activities](#)

[Conscious Discipline 5 Helpful Resources for Families](#)

Emotional ABCs - it is a site that teaches children, ages 4-11, how to figure out WHAT they are feeling, WHY they are having that emotion, and HOW to make better choices.

[Emotional ABCs: Social-Emotional Development Skills Training for Kids](#)

Social Express - the programs on this site teach everyone how to: Better understand perspectives, Strengthen social skills, Create stronger social relationships, Improve social competence

[Social Express: Social Learning Made Easy](#)

Entertaining, educational books, videos, games and songs to help young children become better listeners, learn important life lessons and feel good about themselves.

[We Do Listen Foundation](#)