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| Elementary School Counseling Resources | | | | | |
|  | Articles and Activities |  | Podcasts and Books |  | Videos and Websites |

**Articles**:

[Understanding the Mental Health & Social Impact of the Coronavirus: Finding the Middle Path](https://www.restorativecommunityconcepts.com/blog/understanding-the-mental-health-social-impact-of-the-coronavirus-finding-the-middle-path)

[Pandemic Panic? These 5 Tips Can Help You Regain Your Calm](https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm)

[Talking to Children About COVID-19; A Parent Resource](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

[Talking to Kids about the Coronavirus](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)

**Podcasts:**

[25 Best Podcast for Kids](https://www.commonsensemedia.org/blog/the-best-podcasts-for-kids)

8 Podcasts to listen to regarding [Anxiety](https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/)

**Books:**

* [*Something Bad Happened: A Kid’s Guide to Coping with events in the News*](https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref=sr_1_1?keywords=Something%2BBad%2BHappened%3A%2BA%2BKid%E2%80%99s%2BGuide%2Bto%2BCoping%2Bwith%2Bevents%2Bin%2Bthe%2BNews&qid=1582316703&sr=8-1),

Dawn Huebner -Ages 6-12. How to process different world events.

* [*What To Do When You’re Scared & Worried: A Guide for Kids*](https://www.amazon.com/What-When-Youre-Scared-Worried/dp/1575421534/ref=sr_1_1?keywords=What%2BTo%2BDo%2BWhen%2BYou%E2%80%99re%2BScared%2B%26%2BWorried%3A%2BA%2BGuide%2Bfor%2BKids&qid=1582316733&sr=8-1),

James J Crist -Ages 9-13. A help guide to processing fears and worries.

* [*Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids*](https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref=sr_1_1?keywords=Have%2BYou%2BFilled%2BA%2BBucket%2BToday%3F%2BA%2BGuide%2Bto%2BDaily%2BHappiness%2Bfor%2BKids&qid=1582316760&sr=8-1),

Carol McCloud -Encourages positive behavior and expressing kindness and appreciation

* [*How are you Peeling: Foods with Moods*](https://www.amazon.com/How-Are-Peeling-Scholastic-Bookshelf/dp/0439598419/ref=sr_1_1?keywords=How%2Bare%2Byou%2BPeeling%3A%2BFoods%2Bwith%2BMoods&qid=1582316792&sr=8-1),

Saxton Freymann & Joost Elffers -Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids.

* [*The Way I Feel*](https://www.amazon.com/Way-I-Feel-Janan-Cain/dp/1884734715/ref=sr_1_1?keywords=The%2BWay%2BI%2BFeel&qid=1582316904&sr=8-1)*,*

Janan Cain -Explores Feelings. A good way to talk about emotions with young kids.

* [*A Terrible Thing Happened*](https://www.amazon.com/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref=sr_1_1?keywords=A%2BTerrible%2BThing%2BHappened&qid=1582316931&sr=8-1),

Margaret M Holmes -Ages 4-8. A story for children who have witnessed violence or trauma

Links for Authors doing live [readings](https://www.weareteachers.com/virtual-author-activities/?fbclid=IwAR1GPgKb7rIOaDdMWML0eHn1iqteA9SnX89SnLxDWKW-wBXTf7D6i9qR2f8)

**Videos:**

[Cosmic Kids Yoga](https://www.youtube.com/user/CosmicKidsYoga)

[GoNoodle](https://family.gonoodle.com/)

[Kindness Video](https://www.youtube.com/watch?v=rwelE8yyY0U)

[Be Kind](https://www.youtube.com/watch?v=kAo4-2UzgPo)

[The Feelings Song](https://www.youtube.com/watch?v=-J7HcVLsCrY)

[The Responsibility Song](https://www.youtube.com/results?sp=mAEB&search_query=responsibility)

[Ring of Responsibility](https://www.youtube.com/watch?v=fQSnzrB5bso)

[Empathy](https://www.youtube.com/watch?v=9_1Rt1R4xbM)

**Websites**

[Kahoot](https://kahoot.com/)

[BrainPOP](https://www.brainpop.com/)

[Khan Academy](https://www.khanacademy.org/)

[Mindfulness website](https://www.smilingmind.com.au/)

[Building Resilient Children, One story at a time](https://thefamilydinnerproject.org/food-for-thought/building-resilient-kids-one-story-at-a-time/)

[Confident Parent Confident Kids](https://confidentparentsconfidentkids.org/)

[These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

**Activities:**

Rainy Day Attachment

