

PARENTS & GUARDIANS

Local Websites

- JPS Coronavirus Response Web Page
 - www.jackson.k12.ms.us/CoronavirusResponse
 - You can also follow JPS on Twitter, like them on Facebook, or subscribe on You Tube
- MDE Updates and Information about COVID-19
 - www.mdek12.org/COVID19

Other Helpful Websites

- Talk to Kids About Coronavirus: Help Them Manage Worries
 - <https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>
- Parent/Caregiver Guide to Helping Families Cope with COVID-19
 - <https://drive.google.com/file/d/129LljjPah95iZQNwLGKQWgneKZZhUzsa/view>
- WHO - Helping Kids Deal with Stress During COVID-19 Outbreak
 - <https://drive.google.com/file/d/1DC4d1zjs-6UTX9W4gmhRF0uNcBfzv9Pw/view>
- 15 Ways to Help Kids Worried About Coronavirus
 - https://drive.google.com/file/d/1sCOxhjWn_1OT8KlekKx0_Wg5erUqc28y/view
- How to Spot Stress and Anxiety in Children
 - <https://drive.google.com/file/d/1QWb2p8F971zqjSBCb1c3KjjDCHJWpEhq/view>
- Identifying Signs of Stress in Kids and Teens
 - https://drive.google.com/file/d/1BTx0nBU7s0Md_nn4pj5rF7mFOYvfjkWQ/view

Podcasts

- All Things Montessori - Coping with the Effects of COVID-19
 - Two Montessori teachers discuss COVID-19 and coping with school closures. They talk through ways to support your students during this break, how to connect with parents, and also how to take care of yourself during this uncertain time. (A great listen for anyone - teacher or parent, Montessori or traditional!)
 - <https://podcasts.apple.com/us/podcast/coping-with-the-effects-of-covid-19/id1479488862?i=1000468595501>
- Calm & Connected - Coping Skills for the Coronavirus (COVID-19)
 - Janine Halloran is a Mental Health Therapist who offers suggestions for kids and adults to help deal with the stress and anxiety that is happening right now. Take a listen to hear about some coping skills, and get information on more resources (some she is providing free for a limited time).
 - <https://podcasts.apple.com/us/podcast/coping-skills-for-the-coronavirus-covid-19/id1451674099?i=1000468864849>

Suicide Prevention

- If your child is having suicidal thoughts contact the National Suicide Prevention Lifeline IMMEDIATELY
 - 1-800-273-8255
 - www.suicidepreventionlifeline.org
 - Crisis Text Line - Text HOME to 741741

STUDENTS

Social/Emotional Enrichment & COVID-19 Information

- Coronavirus - What It Is and How Do You Feel About It
 - https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
- So You've Got Questions About Coronavirus
 - <https://drive.google.com/file/d/1wYzstLf-RAgoXRkGoJyKKo5i87OoekBT/view>
- Coronavirus Information Video (Lower Elementary)
 - <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Coronavirus Information for Kids (Upper Elementary)
 - <https://www.youtube.com/watch?v=kiVpWZBXLug&feature=youtu.be>
- My Worry Monster - What Happens to Your Body When You Are Worried?
 - <https://drive.google.com/file/d/1JHR6rSLtt1GyHNW3L8oXXbDR6LPTV41M/view>
- Color Your Worry Monster
 - <https://drive.google.com/file/d/1gC8DGNytpcSKrdgzl9Q2Zlh8ZLnejSJv/view>

Video Resources

- Mr. Rogers' Neighborhood Episodes
 - Take it back to when you were a kid - because we all can benefit from Mr. Rogers' calm and insightful approach to helping us deal with our emotions and feelings. Remember, if it's mentionable it's manageable. Search "Mr. Rogers' Neighborhood" in YouTube.
- Yoga for Kids!
 - Follow along as Sophia Khan leads a fun and family-friendly introduction to yoga. You'll get to warm up, practice breathing and poses, and relax into a power down.
 - <https://www.youtube.com/watch?v=X655B4ISakg>
- Study Break Yoga - Belly Breathing
 - Time to take a study break! Stretch, out, unwind, and refresh!
 - <https://kidshealth.org/en/kids/study-yoga.html>
- Meltdown Compilation: Stress Relief for Kids
 - Strengthen your superpower of calm with three mindful games that are all about the power of your breath.
 - <https://www.youtube.com/watch?v=HWxAiWo-jWc&feature=youtu.be>
- Progressive Muscle Relaxation for Kids
 - Progressive Muscle Relaxation is a classic meditation that teaches you how to relax your muscles using a two-step process.
 - <https://www.youtube.com/watch?v=cDKyRpW-Yuc&feature=youtu.be>

Smartphone Apps for Mindfulness and Meditation

- Calm
 - To lead you to mindfulness, *Calm* offers a wealth of guided meditations, blissful sounds, and peaceful music.
- Insight Timer (Montessori 9-12 students approve of this app!)
 - A comprehensive way to help people reduce anxiety, improve their sleep, and maybe even gain a little insight along the way. *Insight Timer* features thousands of guided meditations across a range of styles. You can search by topic or filter by time limits.