

## Talking to your Kids about the Tough Stuff- Resource Sheet

**\*\*NOTE: Please preview each video and information sheet for content prior to showing to your children\*\***

### Tools to Calm and Center yourself:

CBT-i – sleep app with an excellent tools section to relax, calm and center self

Mindshift- app for anxiety with tools for relaxation

Simple Habit- app with meditations that includes meditations for coping with COVID-19

Body Scan: <https://www.destressmonday.org/let-body-talk/>

### Explaining Coronavirus to Kids

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

<https://www.youtube.com/watch?v=OPsY-jLqaXM&feature=youtu.be>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

### Handwashing song:

“Wash, wash, wash your hands” <https://www.youtube.com/watch?v=mBD1njKp7Cw>

### Explaining Handwashing to kids – Germ Experiment:

[https://www.youtube.com/watch?v=KirHm\\_sYfl](https://www.youtube.com/watch?v=KirHm_sYfl)

### Coping Activities for kids and families:

Cosmic Kids Yoga videos: <https://www.youtube.com/user/CosmicKidsYoga>

Relax like a cat: <https://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>

COVID-19 Time capsule activity (kids): <https://s3.ca-central-1.amazonaws.com/s3.letsembark.ca/long-creations/2020-COVID-19-Time-Capsule-EN-CA.pdf>

COVID-19 Time capsule (adult version): <https://s3.ca-central-1.amazonaws.com/s3.letsembark.ca/long-creations/2020-COVID-19-Time-Capsule-EN-CA.pdf>