

Resources for Dealing with Covid-19 for Parents & Students

Resources Grades K-4

Videos:

Self-regulation games for kids 3-7 years old.

https://www.youtube.com/watch?v=H_O1brYwdSY

Websites:

Coregulation tips for children

<https://pcit.ucdavis.edu/pc-care/handouts-forms/coregulation-screenshot/>

How to support a child during dysregulation

https://www.stoughtonschools.org/sites/stoughtondistrict/files/pages/img_2180.jpg

Words to Calm a Child: phrases Every Child Needs to Hear

https://www.stoughtonschools.org/sites/stoughtondistrict/files/pages/words_to_calm_a_child.pdf

Social Story for Children to explain COVID-19 <https://hsd.ca/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

Movement and Physical Activity

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

Apps:

Calm (ages 4+) <https://apps.apple.com/us/app/calm/id571800810>

Smiling Mind (ages 4+) <https://apps.apple.com/us/app/smiling-mind/id560442518>

Breathe, Think, Do with Sesame (ages 2-5) <https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

Resources Grades 5-8

Videos:

Wellcast - Quick 5 minute strategies Middle years and up

<https://www.youtube.com/user/watchwellcast>

DBT skill of distress tolerance

<https://www.youtube.com/watch?v=9Imu7jCxWWY>

Coping skills little things to help us make it through for all ages including parents

<https://www.youtube.com/watch?v=td4LQ2rxVa0>

5 Easy Tips for Self-Regulation for all Ages

<https://www.youtube.com/watch?v=DbpTohPUhMw>

Websites:

Words to Calm a Child: phrases Every Child Needs to Hear

https://www.stoughtonschools.org/sites/stoughtondistrict/files/pages/words_to_calm_a_child.pdf

Coping and regulation strategies.

https://pcit.ucdavis.edu/wp-content/uploads/2018/11/48_Coping_BigKids_6-9yrs-Aubrey-edits.pdf

Movement and Physical Activity

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

Sensory Seeking Activities

https://www.sensorysmarts.com/sensory_diet_activities.html

Apps:

Stop, Breathe and Think Kids App (ages 5-10) <https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068>

Calm App (ages 4+) <https://apps.apple.com/us/app/calm/id571800810>

Resources Grades 9-10

Videos:

More descriptive for older students and adults

<https://www.youtube.com/user/Psych2GoTv>

Websites:

Here are some links to specific info related to coronavirus (COVID-19):

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

Apps:

Calm App (ages 4+) <https://apps.apple.com/us/app/calm/id571800810>

Stop, Breathe, Think App <https://apps.apple.com/ca/app/stop-breathe-think/id778848692>

Mindshift App-This is a free app, designed to help young people with anxiety, learn how to relax, develop more helpful ways of thinking and take charge of their anxiety.

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

What does a panic attack look or feel like? This interactive web page provides information on what a panic attack looks like and coping techniques.

<http://mindyourmind.ca/interactives/anatomy-panic-attack>

Parents

Articles:

How to Talk to Your Anxious Child or Teen About Coronavirus <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Websites:

How to talk to your kids about COVID-19: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

10 Steps to Co-Parent During the COVID-19 Crisis Article

<https://www.psychologytoday.com/us/blog/divorce-course/202003/10-steps-co-parent-during-the-covid-19-crisis>

Tips for Parenting During Times of Crisis Article

https://www.aamft.org/Press_Info/crisis_parenting.aspx?WebsiteKey=8e8c9bd6-0b71-4cd1-a5ab-013b5f855b

Talking With Children about Covid-19

<https://wwps.org/images/sma14-4886.pdf01>

Website for information and resources on stress in children and youth.

<https://kelymentalhealth.ca/stress>

Videos:

Keep Kids Entertained During Coronavirus Quarantine - Family Lockdown Guide

<https://www.youtube.com/watch?v=9xi32EwOf5k>

Easy Daily Schedule for Kids During COVID-19 Shutdown

<https://www.youtube.com/watch?v=K11xFGA23HQ>

How to talk to your kids about coronavirus: <https://www.youtube.com/watch?v=vSsKQPqpS7A>

Tips for working from home with your children

<https://www.talkspace.com/blog/coronavirus-working-from-home-tips-with-kids-children/>

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

What Does Social Distancing Mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases like the coronavirus (COVID-19). Social distancing measures include limiting large groups of people coming together, closing buildings, and cancelling events.



AVOID	USE CAUTION	SAFE TO DO
Group Gatherings	Visiting a Grocery Store	Take a Walk
Sleep Overs	Getting Take Out	Go for a Hike
Playdates	Picking Up Medications	Yard Work
Concerts	Visiting the Library	Play in Your Yard
Theater Outings		Clean Out a Closet
Athletic Events		Read a Good Book
Crowded Retail Stores		Listen to Music
Malls		Cook a Meal
Workouts in Gyms		Family Game Night
Visitors in Your House		Go for a Drive
Non-essential Workers in Your House		Group Video Chats
Mass Transit Systems		Stream a Favorite Show
		Check on a Friend
		Check on Elderly Neighbor

Local Supports

Health Links Manitoba	(204) 788-8200 toll-free 1-888-315-9257
Southern Health Community Mental Health Child and Adolescent Intake Adult Intake	1-888-310-4593 1-866-762-0309 or 204-346-7018
Southern Health Crisis Response Services	1-888-617-7715 or 204-326-9276
Anxiety Disorders Association of Manitoba	1-800-805-8885 or 204-925-0500
Crisis Stabilization Unit (450 Main. Steinbach)	204-320-1096 or 1-855-320-1096
MacDonald Youth Services Emergency Crisis Stabilization System	1-888-383-2776 or 204-949-4777