

**Dear Parents,**

We are thinking of you all during this time. We know it is a time of uncertainty and stress for families. Above all, we want you to be safe and stay healthy. If there is any way our counseling department can support you please do not hesitate to contact us. Below are some ways to understand and cope with the Coronavirus (COVID-19) issue that our country and world is facing at this time. Please feel free to sit down as a family and watch these video's with your children to help them understand, cope and lower as much stress as possible. Please know we are all in this together and will make it through this!

## **Kindergarten – 2<sup>nd</sup> Grade – Helping Kids Understand and Cope with Coronavirus (COVID-19)**

**What is the CORONAVIRUS?**

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

**Keeping Our Hands Clean**

<https://www.youtube.com/watch?v=NoxdS4eXy18>

**Progressive Muscle Relaxation for Kids**

[https://www.youtube.com/watch?time\\_continue=9&v=cDKyRpW-Yuc&feature=emb\\_title](https://www.youtube.com/watch?time_continue=9&v=cDKyRpW-Yuc&feature=emb_title)

## **3<sup>rd</sup>-5<sup>th</sup> Grade- Helping Kids Understand and Cope with Coronavirus (COVID-19)**

**Brain Pop -Coronavirus Information for Kids**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

**Keeping our Hands Clean**

<https://www.youtube.com/watch?v=seA1wbXUQTs>

**Progressive Muscle Relaxation for Kids**

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