

Resources for Teachers

National Association of School Psychologists

[Helping Children Cope with Changes Resulting from COVID-19](#)

Anxiety and Depression Association of America

[Coronavirus Corner – Helpful Expert Tips and Resources to Manage Anxiety](#)

[10 Tips to Manage Re-entry Anxiety Related to the COVID-19 Pandemic](#)

The National Child Traumatic Stress Network

[Trauma-informed School Strategies during COVID-19](#)

[Story book for talking to kids about COVID](#)

[Coping in Hard Times: Fact Sheet for School Staff](#)

The Institute for Disaster Mental Health

[Managing Stress in this Anxious Time](#)

[Psychological First Aid and Stress Management](#)

The American Academy of Child and Adolescent Psychiatry

[Greater Good Science Center at UC Berkeley](#) – lots of resources for wellness

[Lesson plan for helping students process covid emotions](#)

[Center for Health Minds at UW Madison COVID Wellbeing Toolkit](#)

[Sharon Salzberg Covid-19 Resources](#) – lovingkindness meditation teacher

[Go Zen](#) – subscription based virtual anxiety reduction program for kids (5-15 y.o.)

Emails weekly worksheets for kids supporting resilience

[Living with Worry and Anxiety amidst Global Uncertainty](#)

[Self-compassion](#)

[UCSD Center for Mindfulness](#)

[FACE COVID](#) – acronym for shifting out of fear



well brain

[Rachel H Jacobs, PhD](#)