

Parent reads:

[Supporting Kids During the Coronavirus Pandemic](#), from the Child Mind Institute

[This post](#) and [this one, too](#), from the CDC

[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#), from The Clay Center for Young Healthy Minds

Activities

For little ones:

[Animal Chat](#) (a game that builds understanding of feelings and emotions)

[Calm Down Jar](#)

[Cosmic Kids yoga videos](#)

For elementary age and up:

[Make a Coping Strategy Fortune Teller](#)

[Thoughts and Feelings Triptych](#)

[Why You Need a Coping Box and How to Create One](#)

[DIY Cardboard Dollhouse](#), [Cardboard Geodome](#), etc. (involved projects that you can work together on and walk away from and return to like this are awesome distractions- like puzzles, but more creative)

Parent/Child journaling

This [blog post](#) is great because it guides you through setting up notebooks with supplies you already have, and includes printables with lots of good prompting questions. If you want to make it even easier, these two journals are supposed to be really good and you can buy them on Amazon:

[You, Me, We: A Pair of Activity Books to Bond With Your Child](#)

[Just Between Us: Mother and Daughter](#)

Books (many of these are also available on Audible!)

Picture books: The following are titles that deal with emotions in general.

[Camp Tiger](#)

[In My Heart: A Book of Feelings](#)

[Ruby Finds a Worry](#)

[My Very Own Space](#)

[Little Tree](#)

[Life](#)

Older elementary/middle school: The following titles are all historical fiction. Reading about a time period when people lived more slowly and a certain amount of social isolation was standard could put things in context in a refreshing way for elementary and middle school aged kids.

[Little Women](#)

[My Brother Sam is Dead](#)

[Caddie Woodlawn](#)

[A Swiftly Tilting Planet](#)

[Anne of Green Gables](#) (there is also a [graphic novel version](#))

[The Birchbark House](#)

[The Story Girl](#)

[Sarah, Plain and Tall](#)

[The Call of the Wild](#)

[The Count of Monte Crisco](#)