

Resources for Children and Teens

The following is a list of links to helpful websites containing articles and activities that are meant to aid you in having conversations at home. Please view them prior to showing to your children to determine how best to use with your own family.

- **Sesame Street Covid- 19 resources**
<https://sesamestreetincommunities.org/>
- **Kids Health how to talk to kids about Covid-19**
<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- **Child Life Disaster Relief** <https://cldisasterrelief.org/wp-content/uploads/2020/03/PracticalCopingTechniques.pdf>
<https://cldisasterrelief.org/wp-content/uploads/2020/03/WaysToHelpChildrenCope.pdf>
- **If Coronavirus Were a Viral Media Post: How to Talk to Teens About COVID19** – (Sperling, Jaqueline PhD, 2020).
<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>
- **COVID-19 Time capsule activity and other activities for children**
<https://kidsactivitiesblog.com/137490/printable-helps-your-kids-make-a-quarantine-time-capsule/>
- **COVID-19 Mental Health Resources for Families** Provided by NYU Child Study Center
<https://nyulangone.org/news/covid-19-mental-health-resources-families/covid-19-mental-health-resources-families-2020>
- **YouTube video about Covid-19** created by Hassenfeld Children’s Hospital at NYU, Department of Therapeutic Recreation, Child Life and Creative Arts Therapies
[PJ Learns about COVID-19](#)