

Social -Emotional Support Links from BCPS

https://scs.bcps.org/departments/social_emotional_support

CDC COVID-19 Info:

https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https%3A%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html#covid19-children

Anxiety in Youth:

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/#anxiety-articles>

101 Free Activities for Your Kids and Family

<https://www.verywellfamily.com/absolutely-free-activites-for-kids-2997490>

Supplemental Online Learning Activities

<https://www.verywellfamily.com/online-learning-activities-for-kids-during-coronavirus-closures-4800553>

Parenting During Coronavirus article

<https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough>

Ways to Promote Children's Resilience During Covid-19 Pandemic

<https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic>

Coping Skills Toolkit

<https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>