[](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjxgIKJuNDXAhXk0FQKHeUZBJgQjRwIBw&url=http://hosted.verticalresponse.com/710854/5eab2ccec3/TEST/TEST/%7bVR_UNSUB_LINK%7d&psig=AOvVaw1YPaAzN1vYeYO76RbDskXF&ust=1511380149236071) **CTK Resource Corner: COVID-19 Edition**

***Children may respond to a difficult situation in different ways:***

Clinging to caregivers

Feeling anxious

Withdrawing

Feeling angry or agitated

Having nightmares

Bedwetting

Frequent mood changes

HELPING CHILDREN DEAL WITH COVID- 19 STRESS

* Allow children to express and communicate their feelings: Encourage active listening and an understanding attitude. Children usually feel relieved if they can express and communicate their feelings in a safe and supportive environment.
* Help children find positive ways to express difficult emotions: Every child has their own way to express emotions. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process. Help children find positive ways to express difficult feelings like anger, fear and sadness.
* Provide a sensitive and caring environment: Children need adults’ love and often more dedicated attention during difficult times. If appropriate and depending on the age, parents/caregivers are encouraged to hug their children and repeat that they love them and are proud of them. This will make them feel better and safer.
* Manage your own emotions well and remain calm: Remember that children often take their emotional cues from the important adults in their lives, so how adults respond to the crisis is very important. It’s important that adults manage their own emotions well and remain calm, listen to children’s concerns and speak kindly to them and reassure them.
* Keep regular routines and schedules as much as possible: Keep regular routines and schedules as much as possible or help create new ones in a new environment, including learning, playing and relaxing. If possible, maintain schoolwork, study or other routine activities that do not endanger children or go against health authorities.
* Provide facts about what is going on and give child-friendly information: Provide facts about what is going on and give clear, child-friendly information about how to reduce risk of infection and stay safe in words they can understand. Demonstrate to children how they can keep themselves safe (e.g. show them effective handwashing).
* Avoid speculating about rumors or unverified information in front of children: Provide information about what has happened or could happen in a reassuring, honest and age appropriate way.
* Support adults and caregivers with activities during home isolation: Adults should explain the virus but also keep children active when they are not at school. For example, provide hand washing games with rhymes, or tell imaginary stories about the virus exploring the body.
* Make cleaning and disinfecting the house into a fun game: Draw pictures of the virus or microbes for children to colour and explain Personal Protective Equipment (PPE) to children so that they are not scared.

Source: Manitoba Blue Cross

**Social-Emotional & Mental Health Resource Suggestions**

**Relaxing De-Stressing Music (play during the day to help relax while learning):**

[**https://www.youtube.com/watch?v=vFp5a8cL1Ow**](https://www.youtube.com/watch?v=vFp5a8cL1Ow)

**GoNoodle mindfulness videos:**

[**https://www.youtube.com/watch?v=O29e4rRMrV4**](https://www.youtube.com/watch?v=O29e4rRMrV4)

[**https://www.youtube.com/watch?v=nmFUDkj1Aq0**](https://www.youtube.com/watch?v=nmFUDkj1Aq0)

[**https://www.youtube.com/watch?v=bRkILioT\_NA**](https://www.youtube.com/watch?v=bRkILioT_NA)

[**https://www.youtube.com/watch?v=1ZP-TMr984s**](https://www.youtube.com/watch?v=1ZP-TMr984s)

**GoNoodle Stress Relieving video:**

[**https://www.youtube.com/watch?v=N2iF7lCevkM**](https://www.youtube.com/watch?v=N2iF7lCevkM)

**GoNoodle Manage Frustration video:**

[**https://www.youtube.com/watch?v=OIE\_PHkORHA**](https://www.youtube.com/watch?v=OIE_PHkORHA)

**GoNoodle Build Patience video:**

[**https://www.youtube.com/watch?v=peY7qT2XEkM**](https://www.youtube.com/watch?v=peY7qT2XEkM)

**Kelso’s Choice for Conflict Management videos:**

[**https://www.youtube.com/watch?v=yBRWZef6oks**](https://www.youtube.com/watch?v=yBRWZef6oks)

[**https://www.youtube.com/watch?v=Jqps2UZSU4M&feature=emb\_rel\_pause**](https://www.youtube.com/watch?v=Jqps2UZSU4M&feature=emb_rel_pause)