**Useful Books**

Something Bad Happened: A Kid’s Guide to Coping with events in the

  News

  <[https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref=sr\_1\_1?keywords=Something%2BBad%2BHappened%3A%2BA%2BKid%E2%80%99s%2BGuide%2Bto%2BCoping%2Bwith%2Bevents%2Bin%2Bthe%2BNews&qid=1582316703&sr=8-1](https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref%3Dsr_1_1?keywords=Something%2BBad%2BHappened%3A%2BA%2BKid%E2%80%99s%2BGuide%2Bto%2BCoping%2Bwith%2Bevents%2Bin%2Bthe%2BNews&qid=1582316703&sr=8-1)>\*,

  Dawn Huebner -Ages 6-12. How to process different world events.

  - \*What To Do When You’re Scared & Worried: A Guide for Kids

  <[https://www.amazon.com/What-When-Youre-Scared-Worried/dp/1575421534/ref=sr\_1\_1?keywords=What%2BTo%2BDo%2BWhen%2BYou%E2%80%99re%2BScared%2B%26%2BWorried%3A%2BA%2BGuide%2Bfor%2BKids&qid=1582316733&sr=8-1](https://www.amazon.com/What-When-Youre-Scared-Worried/dp/1575421534/ref%3Dsr_1_1?keywords=What%2BTo%2BDo%2BWhen%2BYou%E2%80%99re%2BScared%2B%26%2BWorried%3A%2BA%2BGuide%2Bfor%2BKids&qid=1582316733&sr=8-1)>\*,

  James J Crist -Ages 9-13. A help guide to processing fears and worries.

  - \*Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids

  <[https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref=sr\_1\_1?keywords=Have%2BYou%2BFilled%2BA%2BBucket%2BToday%3F%2BA%2BGuide%2Bto%2BDaily%2BHappiness%2Bfor%2BKids&qid=1582316760&sr=8-1](https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref%3Dsr_1_1?keywords=Have%2BYou%2BFilled%2BA%2BBucket%2BToday%3F%2BA%2BGuide%2Bto%2BDaily%2BHappiness%2Bfor%2BKids&qid=1582316760&sr=8-1)>\*,

  Carol McCloud -Encourages positive behavior and expressing kindness and

  appreciation

  - \*How are you Peeling: Foods with Moods

  <[https://www.amazon.com/How-Are-Peeling-Scholastic-Bookshelf/dp/0439598419/ref=sr\_1\_1?keywords=How%2Bare%2Byou%2BPeeling%3A%2BFoods%2Bwith%2BMoods&qid=1582316792&sr=8-1](https://www.amazon.com/How-Are-Peeling-Scholastic-Bookshelf/dp/0439598419/ref%3Dsr_1_1?keywords=How%2Bare%2Byou%2BPeeling%3A%2BFoods%2Bwith%2BMoods&qid=1582316792&sr=8-1)>\*,

  Saxton Freymann & Joost Elffers -Explores how emotions look through

  pictures of Foods. A good way to talk about emotions with young kids.

  - \*The Way I Feel

  <[https://www.amazon.com/Way-I-Feel-Janan-Cain/dp/1884734715/ref=sr\_1\_1?keywords=The%2BWay%2BI%2BFeel&qid=1582316904&sr=8-1](https://www.amazon.com/Way-I-Feel-Janan-Cain/dp/1884734715/ref%3Dsr_1_1?keywords=The%2BWay%2BI%2BFeel&qid=1582316904&sr=8-1)>,\*

   Janan Cain -Explores Feelings. A good way to talk about emotions with

  young kids.

  - \*A Terrible Thing Happened

  <[https://www.amazon.com/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref=sr\_1\_1?keywords=A%2BTerrible%2BThing%2BHappened&qid=1582316931&sr=8-1](https://www.amazon.com/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref%3Dsr_1_1?keywords=A%2BTerrible%2BThing%2BHappened&qid=1582316931&sr=8-1)>\*,

  Margaret M Holmes -Ages 4-8. A story for children who have witnessed

  violence or trauma

**Articles**

  - A sample letter to parents which gives parents strategies to build

  resilience and have reassuring conversations with their child(ren). You can

  use or modify this document to fit your school's needs: Sample letter to

  parents

  <[https://iscainfo.com/resources/ISCA%20Coronavirus%20Suggestions%20to%20Parents%20(1).pdf](https://iscainfo.com/resources/ISCA%20Coronavirus%20Suggestions%20to%20Parents%20%281%29.pdf)>

  .

  - This valuable resource from International School Services (ISS) is a

  "snapshot of the recent work of many schools and individuals in regards to

  policy, technical operations, teaching and learning and community

  wellness": Online Learning: a Strategic Approach for K-12 Schools

  <<https://www.iss.edu/community/online-learning?utm_campaign=FY20-Extended%20School%20Closure&utm_source=hs_email&utm_medium=email&utm_content=83673074&_hsenc=p2ANqtz-9UVt0QHdFKUs-BbDiQR8hrncu5vI0kil0XvPyg1yksUK4Eb4B4b-i5WMwZHQNxLrY_ZOvjKYmXoaP-cgBz7ucdFlIx6w&_hsmi=83673074>>

  .

    Understanding the Mental Health and Social Impact of the Coronavirus:

  Finding the Middle Path:

  <<http://www.restorativecommunityconcepts.com/blog/understanding-the-mental-health-social-impact-of-the-coronavirus-finding-the-middle-path>>

This

  is a great article explaining the science behind our reactions to epidemics

  and practical ways we can find balance.

  -

  Supporting Students Experiencing Childhood Trauma: Tips for Parents and

  Educators

  <<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/trauma/supporting-students-experiencing-childhood-trauma-tips-for-parents-and-educators>>

from

  the National Association of School Psychologists. A

  -

  Anxiety and world news

  <<https://www.heysigmund.com/anxiety-in-children-after-world-trauma/>>:

  from Hey Sigmund <<https://www.heysigmund.com/about/>>. This is a great

  website for parents/carers containing the latest psychological news and

  research.

  -

  Managing anxiety age by age

  <<https://www.heysigmund.com/age-by-age-guide-to-fears/>>: also from Hey

  Sigmund. A guide about what to expect age by age around anxiety, strategies

  and tips on when to get help.

  -

  Talking about world trauma with kids

  <<https://www.heysigmund.com/how-to-talk-to-kids-and-teens-about-world-trauma/>>:

  another great article from Hey Sigmund!.

  -

  CoronaVirus Anxiety: 4 Ways to cope with Fear

  <<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>>

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  psych central

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  APS article re coronavirus

  <<https://www.psychology.org.au/About-Us/news-and-media/Media-releases/2020/Coronavirus-psychologists-offer-advice-for-mainta>>

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  APS

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  Safeguarding Implications for Online Learning

  <<https://www.cois.org/about-cis/news/post/~board/perspectives-blog/post/safeguarding-implications-for-online-learning>>

from

  CIS

**Podcasts**

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  8 Different Podcasts to listen to regarding Anxiety

  <<https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/>>

  -

  Peace Out <<https://bedtime.fm/peaceout>> - short stories that help kids

  calm down and relax. We’ve used this podcast with many of our students, and

  it appeals particularly to our younger year levels.

**Videos**

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  Brain Pop Video

  <<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>>-

  This is a great clip for kids, explaining the virus and how to stay

  healthy.

  -

  Coronavirus WHO

  <<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>> (video) from

  the World Health Organization “What do you know about the novel Coronavirus

  that is causing a health emergency? “

  -

  GoZen <<https://gozen.com/allprograms/>> - Videos, lessons and programs

  for purchase to manage stress and build resilience for kids. Resources for

  parents and educators to support SEL lessons online.

Mindfulness for Kids

  -

  Smiling Mind <<https://www.smilingmind.com.au/>> - Smiling Mind is a great

  mindfulness app/website for the whole family (Age 7+). Many of our students

  use Smiling Mind in class as a way to help calm and focus their brains and

  bodies.

  -

  Cosmic Kids <<https://www.youtube.com/user/CosmicKidsYoga>> - Yoga and

  mindfulness for kids ages 3+. This is a great resource and many kids have

  experience using it in class.

**Websites**

  - Check out our website for important resources for Online Counseling

  <<https://iscainfo.com/Online-Counseling-Services>> and remember to take

  care of yourself. A few weeks ago we created a new page dedicated to Self

  Care for Caregivers <<https://iscainfo.com/Self-Care-for-Caregivers>> with

  useful articles and tips.

  - ISCA Core Counseling Curriculum Page

  <<https://iscainfo.com/Counseling-Curriculum-and-Advisory>>

  - Coronavirus WHO webpage

  <<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>>

  -

  WHO Coronavirus Myth Busters

  <<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>>

**High School related**

  - Article:NACAC, ACT, COLLEGE BOARD, AND COMMON APP Join International

  ACAC Presidents in Encouraging Support for Those Impacted by the

  Coronavirus Outbreak

  <<https://www.nacacnet.org/news--publications/newsroom/press-releases/nacac-encourages-support-and-flexibility-for-those-impacted-by-the-coronavirus-outbreak/>>ging

  Supp

  <<https://www.nacacnet.org/news--publications/newsroom/press-releases/nacac-encourages-support-and-flexibility-for-those-impacted-by-the-coronavirus-outbreak/>>

**Online Learning Resources**

  - Online Learning: A Strategic Approach for K-12 Schools

  <<https://www.iss.edu/community/online-learning?utm_campaign=FY20-Extended%20School%20Closure&utm_source=hs_email&utm_medium=email&utm_content=83673074&_hsenc=p2ANqtz-9UVt0QHdFKUs-BbDiQR8hrncu5vI0kil0XvPyg1yksUK4Eb4B4b-i5WMwZHQNxLrY_ZOvjKYmXoaP-cgBz7ucdFlIx6w&_hsmi=83673074>>

from

  International School Services

**Visuals**

Weekly Wellbeing Check In

<<https://mhfastorage.blob.core.windows.net/mhfastoragecontainer/9ebed09d2a1cea11a811000d3ab8de34/wellbeing%20checkup.pdf?sv=2015-07-08&sr=b&sig=uTIlli6Txx8qW8zWPyKN6Y8OzQKyJSQ0yU04qH%2FYW9s%3D&se=2020-02-20T02%3A07%3A08Z&sp=r>>

CBBC have produced a short video for children

<https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjjpx6YqoetuZ1tP16y7wMjUR6uwgWyhRmf0aFTrAs>