

## Resources on Managing Feelings, Fears and Worries about COVID-19

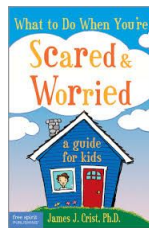
Here are a number of great resources around feelings, fears and worries. Many are related specifically to the Coronavirus and some are about anxiety more generally. We've also included a couple of mindfulness websites that are great to help kids find a bit of peace in these unsettling times. As always, our counseling team is here for support. If you need any additional assistance or further recommendations please contact [sfisher@chatsworth.com.sg](mailto:sfisher@chatsworth.com.sg)

### Books

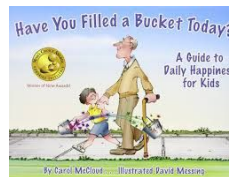
*Something Bad Happened: A Kid's Guide to Coping with events in the News*, Dawn Huebner. Ages 6-12.  
How to process different world events.



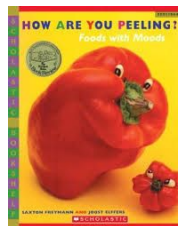
*What To Do When You're Scared & Worried: A Guide for Kids*, James J Crist. Ages 9-13.  
A help guide to processing fears and worries.



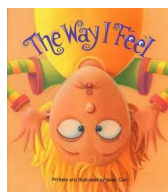
*Have You Filled A Bucket Today? A guide to Daily Happiness for Kids*, Carol McCloud  
Encourages positive behavior and expressing kindness and appreciation



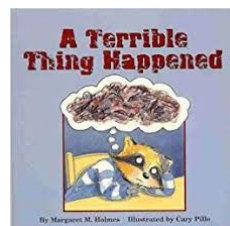
*How are you Peeling: Foods with Moods*, Saxton Freymann & Joost Elffers  
Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids.



*The Way I Feel*, Janan Cain  
Explores Feelings. A good way to talk about emotions with young kids.



*A Terrible Thing Happened*, Margaret M Holmes. Ages 4-8.  
A story for children who have witnessed violence or trauma.



### Articles

[Understanding the Mental Health and 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.

[Anxiety and world news](#): from [Hey Sigmund](#). This is a great website for parents/carers containing the latest psychological news and research.

[Managing anxiety age by age](#): 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](#): another great article from Hey Sigmund!.

### Podcasts

[8 Different Podcasts to listen to regarding Anxiety Peace Out](#) - 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

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>. This is a great clip for kids, explaining the virus and how to stay healthy.

### Mindfulness for kids

[Smiling Mind](#) - 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](#) - Yoga and mindfulness for kids ages 3+. This is a great resource and many kids have experience using it in class.