

Northwood Local Schools Covid-19 Resources

Resources for Talking to Children/Teens about Covid-19:

- [Tips from the Center for Disease Control](#)
- [Video from Child Mind Institute](#)
- [7 Ways to Support Kids and Teens through the Coronavirus Pandemic](#)
- [Stay at Home Wellness Kit for Parents](#)

Resource for Supporting Distance Learning:

- [Setting a New Routine: COVID-19 Checklist](#)

Resources to Help Children Understand the Coronavirus:

- [BrainPop Coronavirus Video \(Ideal Age Group: 2nd-4th grade\)](#)
- [The Yucky Bug by Julia Cook \(Ideal Age Group: K-1st grade\)](#)
- [Coronavirus Comic for Kids \(Ideal Age Group: 3rd-4th grade\)](#)
- [CoviBook \(Ideal Age Group: K-1st grade\)](#)

Resources for Children's Self-Care at Home:

- [Cosmic Kids Yoga](#)
- [Storyline Online Audiobooks](#)
- [Deep Belly Breathing Video](#)
- [Rainbow Breathing Video](#)
- [Hand Hygiene Video](#)

Resources for Parents & Guardians:

- [Prodigy - Math Resource \(1st-8th grade\)](#)
- [Khan Academy - Math Resource \(K-12th grade\)](#)

Resources for Mental Health Counseling:

- [Children's Resource Center](#)