

Hi All--this compilation was put together by myself and a few friends in the field--good luck!

Here are some piecemealed ideas from various resources that might help you. Having said that, if there were one resource you were going to look at, we'd suggest The National Association of School Psychologists thorough article, [Talking to Children about COVID-19](#).

1. Remind them of the basics - stay healthy by washing hands, using your elbow when sneezing, etc. This 4:18 minute Brain Pop video, [Coronavirus](#), actually covers it pretty well (and this might be a good throw back for them in advisor groups!). This NPR comic [Just for Kids: A Comic Exploring the New Coronavirus](#), might be helpful, too.

2. "Model a calm response." As worried as you may be, try to remain calm for them. They are looking to us as models of how to handle this situation. This NY Times article, [Talking to Teens and Tweens about Coronavirus](#), has some great points on how to do this. This ChildMind article, [Talking to Kids about the Coronavirus](#), advises that we adults process our own fears first before helping others.

3. As ever, validate, validate, validate! Validate their fears. Their concerns are real for them. Remind them we when we are scared about something we usually use different defense mechanisms to deal with the fear. You can talk about the range of emotions they might be having from sadness to scared to denial to angry to hopeful. Once you have done this, you can help them move forward. You can gently remind them of the cognitive distortions that we covered earlier in the year (pdf attached). Remind them that sticking to a routine, getting exercise, taking news and social media breaks, and talking to people about their fears can be good ways to deal with the unknown. This resource on [Psychological Tips for Children and Adolescents' Emotions](#) from the University of Verona covers it well (pdf attached, too!).

4. Remind them NOT to make racist jokes about COVID-19. Teaching Tolerance reminds us in the article [Speaking Up Against Racism around the New Coronavirus](#), "We have a responsibility to interrupt any anti-AAPI or xenophobic narratives. Since students may be exposed to racist posts on social media or racist comments about the coronavirus, you might hear

some of this discourse in your classroom or throughout the school building. It is imperative that you interrupt it every time it occurs."

5. [Taking Care of Your Mental Health in the Face of Uncertainty](#) source: American Foundation for Suicide Prevention