

## Covid Crisis Website Resources

Resources	Links or Downloads	Type
250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis	<a href="https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis">https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis</a>	Family/General
FACE COVID Handout	Drive.google.com/uc?id=1_O8grFdwMDuGVIE_RvdRfhHhf6xf3ty8&export=download Or click here for the <a href="#">Link</a>	General
FACE COVID Video	<a href="http://www.youtube.com/watch?v=BmvNCdpHUYM">www.youtube.com/watch?v=BmvNCdpHUYM</a>	General
Coping with fear Meditation ~ 13 minutes	<a href="https://www.tarabrach.com/meditation-rain-fear/">https://www.tarabrach.com/meditation-rain-fear/</a>	General
Guided Meditation for Time of Pandemic:	<a href="https://www.tarabrach.com/meditation-times-of-pandemic/">https://www.tarabrach.com/meditation-times-of-pandemic/</a>	General
Shine App - Care for your Coronavirus Anxiety Toolkit	<a href="https://www.virusanxiety.com">https://www.virusanxiety.com</a>	General
<b>17 Totally Normal Things to Feel Right Now, According to Therapists</b>	<a href="https://apple.news/AW5Az5U-ZQfi9DmYB_vWUhQ">https://apple.news/AW5Az5U-ZQfi9DmYB_vWUhQ</a>	General
<b>Parentology</b>	<a href="http://www.parentology.guide">www.parentology.guide</a>	Family
<b>5 Ways to Help Children with COVID Anxiety</b>	<a href="https://www.pesi.com/blog/details/1726/5-ways-to-help-children-with-coronavirus-anxiety?utm_medium=email&amp;utm_source=sp&amp;utm_campaign=040420_bh_s_ng_MIR_March_1pm_throttled&amp;spMailingID=32104228&amp;spUserID=OTkyODY3OTA2MzUS1&amp;spJobID=1683153201&amp;spReportId=MTY4MzE1MzlwMQS2">https://www.pesi.com/blog/details/1726/5-ways-to-help-children-with-coronavirus-anxiety?utm_medium=email&amp;utm_source=sp&amp;utm_campaign=040420_bh_s_ng_MIR_March_1pm_throttled&amp;spMailingID=32104228&amp;spUserID=OTkyODY3OTA2MzUS1&amp;spJobID=1683153201&amp;spReportId=MTY4MzE1MzlwMQS2</a>	Family
<b>Online Tours Museums, Zoos, and Theme Parks</b>	<a href="https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/">https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</a>	Family/General
<b>Treasure Hunt App for Kids</b>		Kids
<b>Messenger Kids App</b>	<p>Made for Kids. Controlled by Parents.</p> 	Kids
<b>Jib Jab App</b>		Kids
<b>Houseparty App</b>		Family

