



## Free Resources That May Be Useful For Kids Teens and Families During COVID-19

### Talking to Kids and Teens About COVID-19

Canadian Paediatric Society - Talking to Kids about COVID-19 “Be Realistically Reassuring”  
<https://www.cps.ca/en/blog-blogue/how-can-we-talk-to-kids-about-covid-19>

Kelty Mental Health Resource Center at BC Children’s Hospital - Talking to Kids About COVID-19:  
<https://kelymentalhealth.ca/blog/2020/03/talking-children-about-covid-19>

Alberta Health Services - Kids’ Questions about COVID-19 Video Series:  
<https://www.albertahealthservices.ca/topics/Page17077.aspx>

Nosy Crow in Consultation with Professor Graham Medley from the London School of Hygiene and Tropical Medicine - An Illustrated Book Explaining COVID-19 to Children:  
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

### Physical Activity During COVID-19

Y@Home - Free Physical Activity Videos for Children, Teens, Adults and Seniors:  
<https://www.newcanaanymca.org/membership/y-at-home/>

Go Noodle - Free Dance, Yoga and ‘Brain Break’ Videos for Kids:  
<https://family.gonoodle.com/>

Cosmic Kids Yoga - Yoga Meets Storytelling. Harry Potter Yoga Anyone?  
<https://www.youtube.com/user/CosmicKidsYoga>

Who Says Nostalgia and Exercise Can’t Go Together? - Sweatin’ to the Oldies Workout Video:  
<https://www.youtube.com/watch?v=jnWyU4ATX1c&feature=youtu.be>

## Parenting During COVID-19

World Health Organization Parenting During COVID-19 Infographic Series:

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

Harvard Centre on the Developing Child - What is Coronavirus and How Does it Relate to Child Development:

<https://developingchild.harvard.edu/resources/what-is-covid-19-and-how-does-it-relate-to-child-development/>

Canadian Paediatric Society Parenting During COVID-19 Article:

<https://www.cps.ca/en/blog-blogue/parenting-during-covid-19-a-new-frontier>

## Healthy Coping During COVID-19

The CHU Ste-Justine Montreal Adolescent Medicine Team - Tips and Tricks to Help Adolescents Cope During the COVID-19 Pandemic:

[https://www.cps.ca/uploads/blog\\_uploads/Tips\\_and\\_tricks\\_adolescence\\_-\\_Ste-Justine\\_-\\_ENGLISH.pdf](https://www.cps.ca/uploads/blog_uploads/Tips_and_tricks_adolescence_-_Ste-Justine_-_ENGLISH.pdf)

Centre for Disease Control and Prevention - Managing Stress:

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

[CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

## Reaching Out for Help

Kids Help Phone: 1-800-668-6868

8-1-1 (phone): to Access Public Health in Most Provinces

2-1-1 (phone): to Access Community Resources in Most Provinces

Text4Hope: a Free Service Offering 3 Months of Daily Cognitive Behavioural Therapy (CBT) - based Text Messages Written by Mental Health Therapists. Text COVID19HOPE to 393939 to subscribe.