

Helpful COVID-19 Resources for Children, Teens and Families

For more information contact Child
Life Services at **202-444-3037**.



Books about COVID19/Germs/New Normal

Coronavirus-Anxiety-Workbook

<https://thewellnessociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

Has Anyone Seen Normal?

https://stryker.fm/normal/?fbclid=IwAR2gKgFVxwqELBVH_fGyxEYiDvuhJdahWlfsyBOe0e7bEgdYsD6qsfyadbM

Why We Stay Home

<http://www.milwaukeeindependent.com/articles/stay-home-free-book-coronavirus-children-color/?fbclid=IwAR2S-5AJ4-n8nhpVsgBZK93GMVlu9fhRc8i0knUEkd2nAq1jr5R2hmXiv-Y>

Careless Corny: A Cautionary Tale

https://www.chla.org/sites/default/files/atoms/files/CHLA-Careless-Corny-Digital-Download-English-01.pdf?fbclid=IwAR3VN7V-Dz5Szc3SZfsGVAPBcmSCVZKsVG_orqzydBfjxb73razlXpQByk

The ABC's of COVID19

https://www.bswhealth.com/mclane-childrens/SiteAssets/the-abcs-of-covid-19.pdf?fbclid=IwAR3eRe4IK-yzazi2JK4DAD8edoFM5piTHwyZxRY_rSw3IQGIXMJNB4JPkww

Trinka and Sam: Fighting the Big Virus

https://piploproductions.com/trinka-and-sam-virus/?fbclid=IwAR38a5_8P4q2DcxgFIQnVY3zi3XiQWCKLQ2aUpwNLfTUNoP5Z7gEEy8dUjg

Sesame Street

A lot of great free resources as well! There are free printable books about COVID, anxiety, and coping.

https://www.sesamestreet.org/caring?fbclid=IwAR2M1BEC1sq143VH4WoMvMHDz_XMAVdC1wHCuYncXd3Kh0Al1ePWFAYOjutl

Sesame Street Townhall in partnership with CNN on COVID-19

<https://www.cnn.com/videos/health/2020/04/25/entire-cnn-sesame-street-coronavirus-town-hall-part-1-vpx.cnn?fbclid=IwAR1dROBLOMA7EC3Fg24P7bIFB4o-G4ucoWsAresZGYo51wMX2Vo8Gv6NKO4>

Support Groups

Child Life Disaster Relief is hosting a support group for kids during this pandemic. Groups are divided up by age, so there are opportunities for younger children as well as teens. Information and sign up is below.

<https://cldisasterrelief.org/coping-through-connection-student-group-sessions/?fbclid=IwAR29I2WdG8De79jP9I2Ed5HvFJJPRJcRpZrLzT7g1vypzprYANPA2aRgkwM>

Coronavirus (COVID-19): Getting Tested at a Drive-Thru Testing Site

<https://kidshealth.org/en/parents/coronavirus-drive-thru-tests.html>

It's how we treat people.