

COVID-19 Coping Strategies Self-Help Resources for Youth

About COVID-19

- Georgie and The Giant Germ Coloring Book to help parents explain COVID-19 to young children: <https://zerotothrive.org/covid-19/covid-19-kids/>
- Kid's Guide to Coronavirus: <https://www.apa.org/pubs/magination/kids-guide-coronavirus>
- Unstuck: 10 things to Do to Stay Safe and Sane During the Pandemic (recommended for tweens & teens to do with parental oversight) <https://www.apa.org/pubs/magination/unstuck>

Relaxation strategies

- Videos created by U-M School of Social Work students: <https://drive.google.com/drive/u/2/folders/1pVG06qctk2GuzEkLm2-IvKDXAag3FddE>
- Deep breathing to school-age child: <https://www.youtube.com/watch?v=zRRCfmCckI0>
- Bubble Breathing (younger children): <https://www.youtube.com/watch?v=fVNC2ERq3do>
- “A Place of Peace” guided visualization: https://www.youtube.com/watch?v=v4nuSs8uS_Y
- Little Victors Yoga: <https://www.youtube.com/watch?v=OAUoz9eFOmU>
- Square Breathing: <https://www.youtube.com/watch?v=Ql2O6-0JA38>

Resources for children with anxiety

- **Books for kids:**
 - [What to do when you worry too much](#), by Dawn Huebner, PhD. 2005. ISBN-10: 9781591473145

- **Books for caregivers:**

- [Helping Your Anxious Child](#), by Ronald Rapee, PhD. 2008. ISBN-10: 1572245751
- [Freeing Your Child from Anxiety](#) by Tama Chansky, Phd. 2014. ISBN-10: 0804139806

- **Web-based program:**

- For parents of anxious children:
https://www.copingcatparents.com/Child_Anxiety_Tales

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