



Helping (K-5) Kids Cope

Engaging videos, helpful tips and timely resources for educators and parents talking with young children about the effects of Covid-19.



Caring for Each Other

This site is filled with rich content you can use to spark playful learning, offer comfort, and help whole families thrive.

<https://www.sesamestreet.org/caring>



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Speak Kindly

Say what you mean,
Mean what you say,
Just don't say it in a mean way.



Fight, Flight, Freeze – A Guide to Anxiety for Kids



[Click here to view video](#)

This video teaches kids how anxiety is a normal response that can get triggered in today's changing world.

When I Feel Worried



[Click here to view video](#)

This video for kids explains how to process feelings of anxiety, stress, and worry over COVID-19.



Songs for Teaching
Using Music to Promote Learning

Using music can help young children understand new health rules as well as manage the stress of the pandemic.

<https://www.songsforteaching.com/covic19songs.htm#google>

You Are Not Your Thoughts



[Click here to view video](#)

This video explains some things to try when overwhelmed by thoughts.

Please note: you will be leaving the Sarasota County School District Website when you select any of the gold-colored links