

Catapult Learning

Recommended Resources

Articles

- NPR comic on exploring Coronavirus
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Explaining the Coronavirus to Kids
<https://www.youtube.com/watch?v=OPsY-jLqaXM&feature=youtu.be>
- Coping with Stress During an Infectious Disease Outbreak
<https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Helping Children with Stress During the 2019-nCoV Breakout
<https://cdn.education.ne.gov/wp-content/uploads/2020/03/Helping-children-cope-with-stressduring-the-2019-nCOV-outbreak.pdf>
- 5 tips for Families as They Transition to Online Learning
<https://www.learningpersonalized.com/5-tips-for-families-as-they-transition-to-home-learning/>

Apps:

- Settle Your Glitter – Momentous Institute
- Breathing Bubbles – Momentous Institute
- Stop, Breathe and Think Kids – Stop Breathe and Think
- Calm – Calm.com
- Headspace – Headspace, Inc.
- Woebot – Woebot Labs

PDFs:

- Coronavirus Supports for Kids and Families
<https://catapultlearning.com/wp-content/uploads/2020/04/Coronavirus-Supports-for-Kids-and-Families.pdf>
- Learning At Home Online Resources
<https://catapultlearning.com/wp-content/uploads/2020/04/Learning-At-Home-Online-Resources-English.pdf>
- Dealing with Anxiety
<https://catapultlearning.com/wp-content/uploads/2020/04/Dealing-with-Anxiety.pdf>
- Online Ed Resources for parents
<https://catapultlearning.com/wp-content/uploads/2020/04/Online-Ed-Resources-for-parents.pdf>
- Daily distance learning schedule
<https://catapultlearning.com/wp-content/uploads/2020/04/Daily-Distance-Learning-Schedule.pdf>
- Grounding Techniques for Children+Parents
<https://catapultlearning.com/wp-content/uploads/2020/04/Grounding-Techniques-for-ChildrenParents-.pdf>