



St. Bartholomew School
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Principal

April 2, 2020

Dear Parents and Guardians,

These past weeks, we have been diligent with providing virtual instruction and learning to our students. Below is a list of resources provided by Laura Veni, Director of Guidance at St. Thomas Aquinas High School, with regard to the social emotional care of our children, especially during this difficult time. As always, you remain in my prayers.

Resources for Parents During Remote Learning

- 8-12 years old: [Parent-Child Snapshots for Younger Children](#)
- 13 years and older: [Parent-Child Snapshots for Older Children](#)
- [What to Do \(and Not Do\) when Children are Anxious](#)
- [My kids school is closed, so what now?](#)
- [Supporting kids through COVID-19 at home](#)
- [Talking to Children about COVID-19](#)
- [Mental Health Considerations from the WHO](#)
- [Caregiver Guide on Helping Families Cope](#)
- [Helping Children with Stress](#)

Elementary School Aged Children

- [Coping After a Disaster](#) - A Ready Wrigley activity book for children age 3-10
- [Covid Book for Kids](#) *Available in multiple languages!*
- [Brainpop - Coronavirus](#)
- [Coronavirus - Why are we staying home from school and what do I do if I'm feeling worried?](#)
- [Time to Come In, Bear: A Children's Story About Social Distancing](#)

Resources for all Ages

- https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nsubs_031720
- [Public Library](#)
- [Coloring book for mindfulness/stress relief](#)
- Virtual Field Trips <https://www.weareteachers.com/best-virtual-field-trips/>
- [How to talk to teens about the new coronavirus](#)

*The mission of St. Bartholomew School is to love, educate and inspire
our children to live the teachings of Jesus Christ.*

Apps Kids/Teens Can Use

<http://www.kidevolve.com/blog/2018/1/10/15-mindfulness-relaxation-apps-for-kids-with-anxiety-parenting-chaos>

<https://www.healthline.com/health/anxiety/top-iphone-android-apps#calm>

God bless you,
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