

#LookToLibraries

COVID-19 SUPPORT

Look to a children's library professional for...

apps, podcasts, and activities

Apps/Tech

[Brain Pop: Coronavirus](#)

An online, interactive lesson on the Coronavirus for fourth graders and up that includes an animated movie, additional readings, worksheets, quizzes and other educational activities.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

[COVID Coach](#). iOS/Android.

This app was created by the U.S. Department of Veteran's Affairs for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

[New Horizon: Kids Meditation](#). iOS/Android

This app provides sleep stories and guided meditations to help children fall asleep.

<https://www.newhorizonholisticcentre.co.uk/newhorizonapp.html>

[Smiling Mind](#). iOS/Android

A mindfulness meditation app developed by psychologists and educators with programs for adults and children ages 3-18. <https://www.smilingmind.com.au/smiling-mind-app>

[Three Good Things: A Happiness Journal](#). iOS

A journaling app created by a teenager that promotes positivity and happiness by encouraging users to log three good things that happen each day. <https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576>

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Podcasts

[Be Calm on Ahway Island](https://www.ahwayisland.com/), Sheep Jam Productions. <https://www.ahwayisland.com/>

Features kid-friendly meditations, paired with soothing original stories that encourage emotional regulation, gratitude, inclusivity, and other positive messages.

Bensfield, Anne & Pamela Rogers. "Nine Podcasts About COVID-19 for Children Ages Five to 12." *School Library Journal*, April 29, 2020. <https://www.slj.com/?detailStory=Nine-Podcasts-about-COVID-19-KidCasts-coronavirus-audio-libraries>

An article linking to 9 specific episodes from high-quality podcasts for kids that discuss COVID-19.

["A Kids' Guide to Coronavirus"](https://www.nytimes.com/2020/03/27/podcasts/the-daily/kids-coronavirus.html) *The Daily*, The New York Times.

<https://www.nytimes.com/2020/03/27/podcasts/the-daily/kids-coronavirus.html>

Science reporter Carl Zimmer answers children's questions about the Coronavirus.

[KidNuZ: Daily News Podcast for Kids](https://www.kidnuz.org/), KidNuZ. <https://www.kidnuz.org/>

A 5-minute, daily newscast for kids with today's top stories, current events, politics, science, entertainment, sports and more which includes age-appropriate coverage of the pandemic.

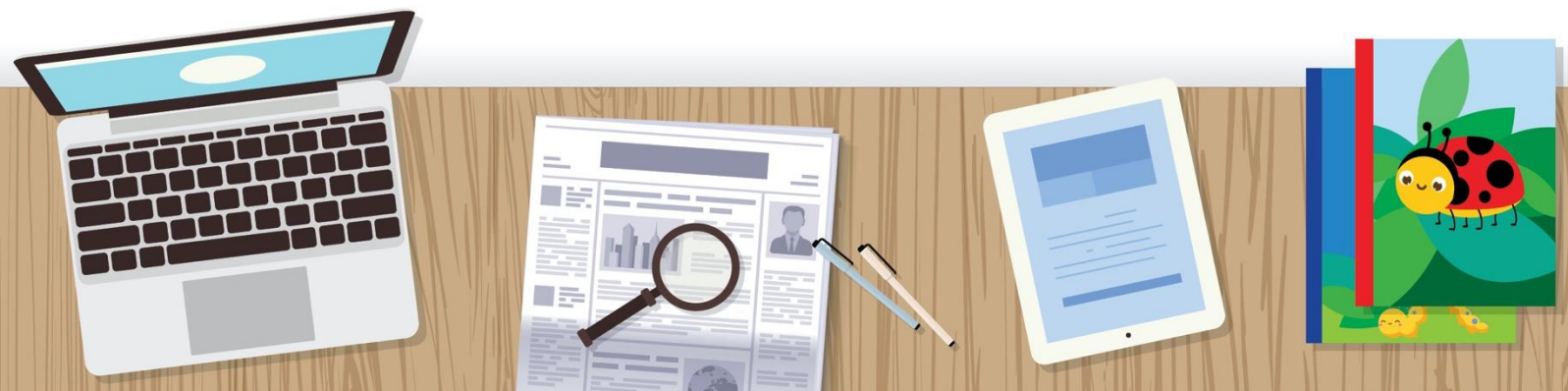
[Parent Trapped](https://www.common sense media.org/parenttrapped), Common Sense Media. <https://www.common sense media.org/parenttrapped>

A weekly parenting podcast that offers support for parents during the Coronavirus pandemic covering everything from juggling work and school with kids at home to pillow fort designs.

[Peace Out: Relaxation Stories for Kids](https://bedtime.fm/peaceout), Bedtime FM. <https://bedtime.fm/peaceout>

Short stories that help children calm down and relax by guiding them through visualization and breathing exercises.

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Activities

Action for Happiness' Coping Calendar:

https://www.actionforhappiness.org/media/863032/coping_calendar.jpg

Corona Virus Coloring and Activity Book: <https://together.stjude.org/content/dam/together/en-us/other/covid-19/coronavirus-activity-book-together.pdf>

First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic

<http://teacher.scholastic.com/education/coronavirusworkbook/index.html>

Kids for Peace's Projects and Resources for Kids, Families, and Educators in response to COVID-19. "As schools close, activities pause and states issue stay-at-home orders, we have a unique opportunity to "go within" and connect deeply with our families. We hope the below activities will help foster peace with our children, inspire fun with our families and shine a healing light of love upon our world. We're all in this together!"

<https://kidsforpeaceglobal.org/covid-19/>

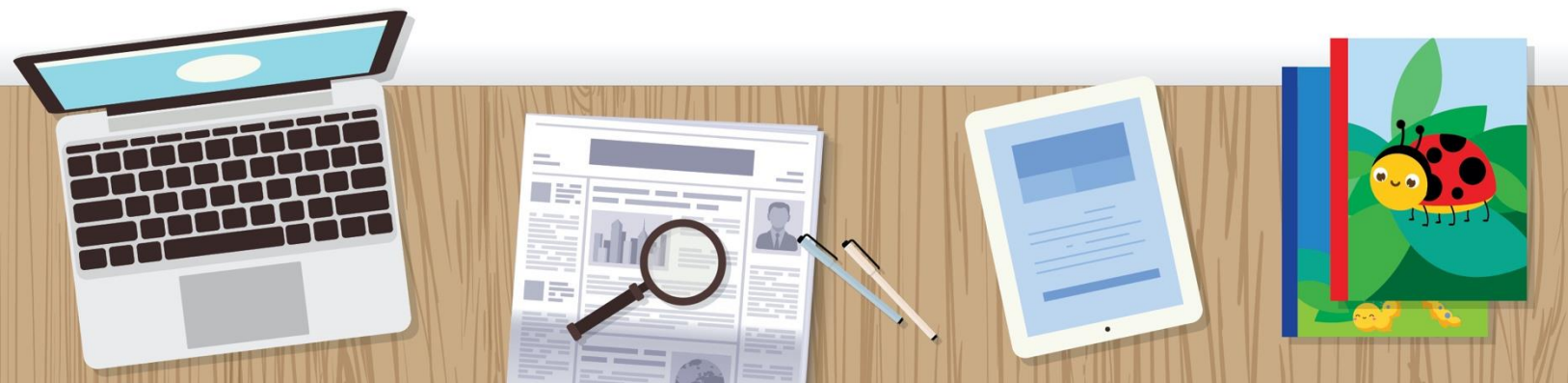
Long Creation's 2020 COVID-19's Time Capsule Activity Sheets

<https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2tIZ-/view?fbclid=IwAR2h8sDXMYFMWltGJmpgblHzxmLomxZTzlOo5Zorzurgaf6N3HTXBazlrFE>

Oriental Trading's Free Thank You Frontline Workers Coloring Pages

https://www.fun365.orientaltrading.com/article/community-helpers-coloring-pages?cm_mmc=social-instagram-otc-coloringpages

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Screen free activities during COVID-19: <https://commercialfreechildhood.org/social-distancing/?fbclid=IwAR3Gydxm7KE9AT0I8UykefodpTtuHymPfd7GRpfREyvb9FxBTR37LE0Im4>

Teachers Pay Teachers (free lesson for K-3rd grades): What is a pandemic?
<https://www.teacherspayteachers.com/Product/What-is-a-Pandemic-Freebie-5331387>

Therapeutic Activities for Children During the Pandemic:
<https://www.hackensackmeridianhealth.org/HealthU/2020/04/24/6-therapeutic-activities-for-kids-during-the-coronavirus-outbreak/>

Trinka and Sam Fighting the Big Virus Coloring Book Story
https://www.nctsn.org/sites/default/files/resources/special-resource/trinka_and-sam_fighting_the_big_virus.pdf

“What if my child is scared of wearing a face covering?” Activities to help kids feel comfortable wearing masks.
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>

ALSC web resources

Confronting Difficult Times

<http://www.ala.org/alsc/publications-resources/book-lists/comfortingreads>

Booklists to Comfort Children in Crisis

<https://www.alsc.ala.org/blog/2017/05/books-of-comfort/>

What is Media Mentoring?

<https://www.alsc.ala.org/blog/2016/09/what-is-a-media-mentor/>

Resources on this list were compiled by members of ALSC’s Quicklists Consulting Committee. ALSC booklists are created as a resource for children’s librarians to share with patrons. Parents and caregivers are encouraged to explore these titles to find resources that may match or spark their child’s interest.

