



Children's books, Videos, Calming exercises, coloring books, and more!

Child Friendly

Time to Come in, Bear video

This gently narrated animation video (01:40) for very young children, available in English, Spanish and American Sign Language, is a story set to rhyme about Bear's indoor coping activities while 'the world has a cold.' Parent/caregiver participation is encouraged.

Source: National Child Traumatic Stress Network

Links:

- https://www.youtube.com/watch?v=DA_SsZFYw0w&t=11s (English)
- <https://www.youtube.com/watch?v=F7vImqmU9vs&t=3s> (Spanish)
- <https://www.youtube.com/watch?v=MuNVQuyTGyo> (American Sign Language)

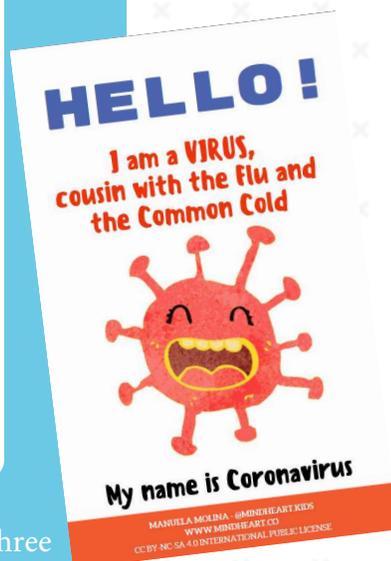
Covibook Coloring Book

This 12-page, downloadable book for children (3-5 years), available in 25 languages, is created to support and reassure children regarding COVID-19. Designed for parent-child interaction, the book honors and invites exploring big emotions together. Parent/caregiver participation is encouraged.

Source: Mindheart

Link:

<https://www.mindheart.co/descargables?fbclid=IwAR2QKUFjengHHQmpSrUxVm qUrhWyoEkJ00Q6WCCZZproa2MLJp ECmdNLs>



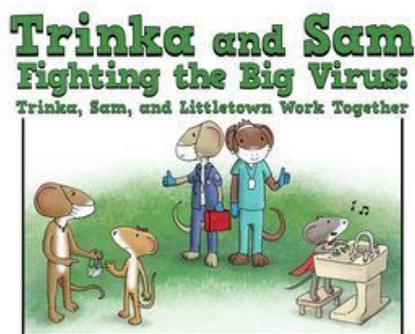
Child Friendly

Trinka & Sam

This free, downloadable children's book, available in six languages (English, Spanish, Simplified Chinese, Portuguese, Finnish, and Traditional Chinese, with new language onboarding as available), is a story to help young children and families talk about their experiences and feelings related to COVID-19. The storybook can be read over multiple sittings. The storybook doubles as a coloring book and is accompanied by a parent guide and booklet of responses to common questions children may ask. Parent/caregiver participation is encouraged.

Source: Pipo Productions & National Child Traumatic Stress Network

Link: <https://piploproductions.com/>



Relaxed Breathing Training

This animated video (01:00) is designed to help a child (2-5 years) pace their breathing with the blow fish's in and out breathing. Parent/caregiver participation is encouraged.

Source: YouTube Kids

Link: <https://www.youtube.com/watch?v=qLbK0o9Bk7Q>



Child Friendly

Calming Exercises for Kids: Breathing and Stretching

This short, animated video (03:59) aims to help children (3-5 years) manage big emotions they experience. It includes some simple breathing and stretching exercises set to gentle music to help children release tension and calm down when they are feeling stressed, frustrated, or anxious. Parent/caregiver participation is encouraged.

Source: YouTube Kids

Link: https://www.youtube.com/watch?v=cyvuaL_2avY&t=92s

