

COVID-19 RESPONSE

CONTENT THAT SUPPORTS

Families



SKILLS

For Kids/Parents

These are the foundational resilience skills

- Change Your Mind, Change Your Life
- Discover Your Thinking Traps
- Trap it, Map it, Zap it
- Uncover Your Iceberg Beliefs

For Parents

- Raising Resilient Kids (3 Sessions)
- Dealing With Uncertainty
- Soothe Your Anxiety (3 Sessions)

ACTIVITIES

For Kids/Parents

- Acceptance and Dealing with Change Meditation
- Belly Breathing
- Challenge Your Anxious Thoughts
- Compassion Meditation
- Emotional Cleanse Meditation
- Relief Meditation
- Rose, Bud, Thorn
- SOS Meditation
- Take a Breather
- Take “Worry Time”
- Trap it, Map it, Zap it
- Write Down 3 Great Things
- 4-7-8 Breathing

CUP OF CALM POSTS

For Parents

- Got the News Blues? Read This
- How to Cope When Things Get Tough
- How to Cope With Coronavirus Anxiety
- How to Deal with Uncertainty
- How to Parent with Resilience
- How to Raise Resilient Kids
- How to Stay Connected During Social Distancing
- How to Support Someone Stressed
- Keep It Cool: Helping Kids Cope with Stress
- Self-Care for Caretakers
- 5-Minute Mood Boosters
- 5 Ways to Handle Uncertainty
- 3 Ways to Stress Less

CALM-CASTS

For Parents

- Handling the New Reality: Managing Tech, Anxiety, and Social Distancing