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## Resources for Anxious Children and Teens

### Websites/Articles:



#### [ADAA.org](https://adaa.org)

*This website provides helpful information about how to talk to your anxious child or teenager about the Coronavirus.*

#### [Attitude Inside the ADHD Mind](#)

*This website discusses how to explain Coronavirus to a child with anxiety. Eleven tips for talking to your child about Covid-19 and navigating the weeks ahead.*

#### [Anxiety and Coping with the Coronavirus](#)

*The Child Mind Institute is a national organization full of topics for parents and professionals to help children and students. A few examples are Anxiety and Coping with the Coronavirus (see link above for full article), Supporting Teenagers and Young Adults during the Coronavirus crisis, and How to get your kids to stop touching their faces. In addition, they're sending out a daily video tip to help with anxiety around COVID-19 and the website has a tab to translate the articles into Spanish.*

#### [Psycom](#)

*This site provides parents ideas on how to manage symptoms of anxiety in children and young adults with simple tips. Dedicating time to getting those feelings out for fifteen minutes each day helps children learn to work through their worries. An hour before bedtime is a great time frame as anxiety tends to spike at night.*

#### [BRAVE-Online](#)

*Brave-Online is an interactive, online therapy program for worried children and teenagers. It is designed to help young people to learn ways to manage anxiety and fears. There is a section on beating stress and worries about COVID-19.*

## Apps:



*The apps listed here are available for iOS, Android devices or both. More information can be found by googling the name of the app.*

[Breathe,Think,Do:](#) *App developed by Sesame Street, helps younger students calm down and solve everyday problems by helping a monster take deep breaths, think of a plan and try it out.*

[Dropophone:](#) *Allows user to combine sounds of rain falling on different tiny instruments by tapping pictures of raindrops.*

[Nature Sounds Relax and Sleep:](#) *Plays relaxing nature sounds.*

[Headspace:](#) *Guided meditations to help manage stress and anxiety*

[Relax Lite: Stress Relief:](#) *Five -minute stress relief app that teaches deep breathing.*

[Lake:](#) *Interactive coloring book pages using your finger as the paintbrush.*

[Shine:](#) *provides daily motivational texts and a large selection of self-improvement audio. Messages are free, but you can subscribe to Mindful Moments for a charge.*

[Calm:](#) *is an app aimed at helping you master breathing, reduce stress and anxiety. It also provides sleep/ambient noise that you can play at night. Calm is free for seven days, \$12.99 per month, or \$59.99 per year*

## Books/Additional Resources:



### [Greenville County Library](#)

*Even though the library is closed, there are various opportunities for all family members to access books, videos, and activities. If you do not have a library card, go online for easy registration. The whole family would have easy access to programs such as:*

- *AudioBookCloud - A collection of online audiobooks for all ages.*
- *Little Learners Club- An enrichment series through the Greenville County Public Library is designed especially for children under five to encourage the development of K5 readiness skills. Online activities include movement and play through exploring, talking and singing which helps relieve stress and anxiety. The 100 activities include, but are not limited to counting, comparing, reading and discussing stories as well as learning how to manage stress/anxiety through movement and play.*

### [Brain Pop](#)

*A group of educational websites with video and learning activities for grades K--12. The animated content engages students in educational activities of the basics, as well as provides videos and lessons on COVID-19 and managing stress.*

### [Julia Cook, YouTube Video](#)

*Julia Cook, a former School Counselor and teacher, is an award winning children's author. Mrs. Cook actively involves young people faced with anxiety and stress. Many of her books are frequently used for classroom guidance lessons in schools around the country. Check out her latest book, "The Yucky Bug" and the tips that she shares with parents on talking to kids about the coronavirus, "The Yucky Bug."*

### [17 Children's Books for Anxious Kids](#)

*Huffpost.com provides titles to educate kids to manage their emotions*

### [10 Children's Books to Help Kids with Anxiety](#)

*Here are ten good books to help children understand, manage and overcome anxiety, worry and stress.*

### [How to Explain the Coronavirus to Kids with Anxiety or OCD](#)

*A podcast about explaining Coronavirus to children with anxiety.*

Put a bucket outside everyone's bedroom door and leave notes to each other during the day or before bed. Your child might express worries and you can respond by note to help them with their worries.

# Scavenger Hunt Game

*Create a scavenger hunt for the family's enjoyment.*

*An example:*

- Find something that you are **GRATEFUL** for.
- Find three things that make you **LAUGH**.
- Give a **KIND** compliment to a family member.
- Find a picture of your family that brings you **JOY**.
- Share one thing with each family member that you **LOVE** about them.
- Find an **INSPIRATIONAL** quote and share it with your family.
- Write a **NOTE** to a friend and see how they are doing.
- **DRAW** a picture for a friend of family member.
- Tell someone **THANK YOU**.
- **PAINT** a picture for your teacher and share it with her.
- Write a compliment about **YOURSELF**.
- Find a book that brings you **JOY**.
- Find 5 things in your home that starts with the letter "R." (Repeat this activity with other letters. Make it a challenge with other siblings or friends. This could be a challenge between neighbors-each at their respective homes of course!).
- Take a "selfie" of yourself to share with your teachers, friend, or grandparent.

[Indoor Treasure Hunt for Children](#)

*This website provides ideas for an indoor and outdoor "treasure hunt" for children.*