**Covid Crisis Website Resources**

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| **Resources**  | **Links or Downloads** | **Type** |
| 250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis | <https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis> | Family/General |
| FACE COVID Handout  | Drive.google.com/uc?id=1\_O8grFdwMDuGVIE\_RvdRfhHhf6xf3ty8&export=downloadOr click here for the [Link](https://drive.google.com/file/d/1_O8grFdwMDuGVIE_RvdRfhHhf6xf3tY8/view?fbclid=IwAR2bqIQ8WWPzmemAf7ExBIsL3grQmR10HBs9u_uTa3DxXPDdh3wiPi1cjxQ) | General |
| FACE COVID Video | [www.youtube.com/watch?v=BmvNCdpHUYM](http://www.youtube.com/watch?v=BmvNCdpHUYM) | General |
| Coping with fear Meditation ~ 13 minutes | <https://www.tarabrach.com/meditation-rain-fear/> | General |
| Guided Meditation for Time of Pandemic: | <https://www.tarabrach.com/meditation-times-of-pandemic/> | General |
| Shine App - Care for your Coronavirus Anxiety Toolkit | [https://www.virusanxiety.com](https://www.virusanxiety.com/) | General |
| **17 Totally Normal Things to Feel Right Now, According to Therapists** | <https://apple.news/AW5Az5U-ZQfi9DmYB_vWUhQ> | General |
| **Parentology** | [www.parentology.guide](http://www.parentology.guide)  | Family |
| **5 Ways to Help Children with COVID Anxiety** | <https://www.pesi.com/blog/details/1726/5-ways-to-help-children-with-coronavirus-anxiety?utm_medium=email&utm_source=sp&utm_campaign=040420_bh_s_ng_MIR_March_1pm_throttled&spMailingID=32104228&spUserID=OTkyODY3OTA2MzUS1&spJobID=1683153201&spReportId=MTY4MzE1MzIwMQS2> | Family |
| **Online Tours****Museums, Zoos, and Theme Parks** | <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/> | Family/General |
| **Treasure Hunt App for Kids** |  | Kids |
| **Messenger Kids App** |  | Kids |
| **Jib Jab App** |   | Kids |
| **Houseparty App** |  | Family |