

Anxiety; Coping Skills; Regulation; Behavior

Resources shared on PWS Blog

[Handling Anxiety related to COVID-19](#)

[Imagination from Stanford University](#)

[Yomind Meditation for Kids](#)

10 Ways to Teach Healthy Coping Skills for Kids:

<https://hes-extraordinary.com/helping-children-deal-feelings>

Two Low-Cost Zones of Regulation Apps for Home:

- [The Zones of Regulation](#) (Awarded the Mom's Choice Award)
- [Exploring Emotions](#)

120 Emotional Regulation Ideas for Kids; Co-Regulation & Self-Regulation

<https://hes-extraordinary.com/self-regulation-strategies>

Time-In vs. Time-Out

<https://hes-extraordinary.com/time-in-vs-time-out>

Kids Regressing? Help Them Cope With Stress During Coronavirus

<https://www.pbs.org/parents/thrive/kids-regressing-help-them-cope-with-stress-during-coronavirus>

How Mindfulness Can Help Kids (and Parents!) Weather Emotional Storms

<https://www.pbs.org/parents/thrive/how-mindfulness-can-help-kids-and-parents-weather-emotional-storms>

How You and Your Kids Can De-Stress During Coronavirus

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

[How to Prioritize Social-Emotional Learning in a Time of Social Distancing](#)

[Helping Your Child Develop A Healthy Sense of Self Esteem](#)

[How to Respond to An Emotional Meltdown to Raise Strong Kids](#)

10 Fun & Easy Games to play at home to practice self-control & self-regulation skills:

<https://www.yourtherapysource.com/blog1/2017/05/16/games-practice-self-regulation-skills/>

Free Webinar for Parents:

3 Keys to Help Your Child Cope, So They Can Stay Calm, Focused, and even Happy During The COVID-19 Pandemic

<https://www.makesociallearningstick.com/3-keys-to-help-your-child-free-webinar>

Join Zones of Regulation collaborative speaker, Elizabeth Sautter and expert Rebecca Branstetter in their online parenting course. They provide strategies you can use right away:

*What to **DO** to set your child and family up for success

*What to **SAY** in those hot moments instead of yelling, and nagging and

*How to teach your child critical social-emotional and executive functioning skills that will help **TODAY** and over time.

COVID-19 Mental Health Resources for Families 2020

<https://nyulangone.org/news/covid-19-mental-health-resources-families/covid-19-mental-health-resources-families-2020>