



Helping kids succeed in school and life for over 50 years!

MSSWA
MINNESOTA SCHOOL SOCIAL WORKERS ASSOCIATION

Minnesota School Social Work Association/COVID-19 Resources

www.msswa.org

<p>Community Resources</p>	<ul style="list-style-type: none"> • Talking to Kids About the Coronavirus • Crisis Text Line • https://suicidepreventionlifeline.org • Minnesota crisis services--by county: Children's mental health crisis response phone numbers • Coronavirus: Multilingual Resources for Schools • School Social Work - Tools, Resources, and Community for School Social Workers
<p>Activities for Families and Students</p>	<ul style="list-style-type: none"> • Here's The Entire List of Education Companies Offering Free Subscriptions Due to School Closings • 35 Useful Remote Learning Resources • Amazing Educational Resources • Best Math Websites for the Classroom, As Chosen by Teachers • Distance / Home Learning Packets and Strategies for Special Education • Best Music Apps and Games for Kids • New Kids' TV Shows • 50 Books All Kids Should Read Before They're 12 • Best Family Movies • Common Sense Selections • Sibling Watch-Together TV • Best Documentaries for Kids and Families • When everything feels overwhelming, check out

	<p><u>tips for taking in rapidly changing news.</u></p> <ul style="list-style-type: none"> ● <u>De-stress together with meditation apps for kids and families.</u> ● <u>Get the blood flowing and elevate the mood with these 25 dance games (you might need to buy a special control from Amazon).</u> ● <u>Apps, websites, and video games that inspire running, jumping, and more to stay active.</u> ● <u>Don't forget to enjoy a device-free dinner or two.</u>
<p>Supporting Students Mental Health Needs</p>	<ul style="list-style-type: none"> ● <u>Responding to Trauma and Tragedy</u> ● <u>Health Crisis Resources</u> ● <u>Mental Health Support And COVID-19</u> ● <u>Mental Health and Coping During COVID-19</u> ● <u>Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak</u> ● <u>Headspace for Educators</u> ● <u>Educators</u> ● <u>Colorfy.com</u> ● <u>Calm.com</u>
<p>Serving Students with Special Education Plans</p>	<ul style="list-style-type: none"> ● <u>Google Meet</u> ● <u>How to Use Google Meet for Video Calls</u> ● <u>Second Step</u> ● <u>COVID-19 Resources sswaa</u> ● <u>COVID-19 Updates</u> ● <u>Google Voice Tutorial 2019 - Quick Start</u>
<p>Healthy Habits and Self-Care</p>	<ul style="list-style-type: none"> ● <u>Coping with Stress During Infectious Disease Outbreaks</u> ● <u>Mental Health and Coping During COVID-19</u> ● <u>How to practice self-care during coronavirus</u> ● <u>Guide to self-care: Coping with coronavirus</u>

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