

Mindfulness During Infectious Disease Outbreaks

The [NYC Health Department Resources for Coronavirus](#) hosts a resource, [Coping With Stress During Infectious Disease Outbreaks](#), that outlines some steps that you can take to cope with stress. Make sure you are taking care of your personal health, staying connected to family/friends/ community and managing your workload so you are able to support your students!

Reach out. If you feel overwhelmed, or if you need help coping, you can contact NYC Well, a confidential 24/7 helpline, staffed by trained counselors. They can provide brief counseling and referrals to care in over 200 languages and other resources. Call 888-NYC-WELL (888-692-9355), Text "WELL" to 65173, or chat at nyc.gov/nycwell.

Here are some suggestions on how to help students practice mindfulness during infectious disease outbreaks.

Help students understand what is going on

- PBS Kids has listed suggestions for talking to kids about Coronavirus as well as a list of videos, games and activities about hand washing and staying healthy: [How To Talk To Your Kids About Coronavirus](#).
- National Public Radio created a [coronavirus comic for kids](#) with a 3 minute podcast that answers common questions that children might have.

Keep routines during digital instruction.

- This article, [COVID+ Remote Schooling: Trauma Informed Teaching](#), highlights 10 steps that you can take to attend to the social-emotional needs of the children you serve.

Connect with parents

- Make sure that you have open lines of communication with parents during this time. This [blog post from the Innovative Educator](#) highlights some promising practices.
- Provide parents guidance on how to translate resources using Google Chrome: [How to translate webpages in Google Chrome \(English\)](#), [Español \(Spanish\)](#), [中文 \(Chinese\)](#), [বাংলা \(Bangla\)](#), [Русский \(Russian\)](#), [عربی \(Arabic\)](#), [اردو \(Urdu\)](#), [Kreyòl \(Haitian Creole\)](#), [Français \(French\)](#)

Help students reduce stress during this time leveraging Ed Tech resources geared towards health and mindfulness.

Help students stay healthy

- Common Sense Media has listed some of the [best health and wellness sites for kids and teens](#)

Help students make time to reflect or meditate.

- Common Sense Media has listed some [tech tools to support a mindful classroom](#). [Headspace](#) and [Calm](#) both have free accounts for teachers and students.

Help students stay connected with family and friends.

- [Google](#) made the premium version of its Hangouts Meet product free until July 1.
- [Zoom](#) is temporarily lifting the 40-minute time limit on free Basic accounts for schools affected by the Coronavirus. Here's how to get access for your school.
- [Microsoft Teams](#) is providing free accounts for teachers and students
- [Cisco Systems](#) lifted the time restrictions and user limits on free Webex calls.

Help students boost resiliency and focus on strengths

- Common sense media identified top picks for [social emotional intelligence apps & game](#)

Encourage students to take a time out

- It is okay to take time off and unplug from technology, the [pomodoro timer](#) encourages users to take a 5 minute break after 25-minutes of work, after the fourth cycle they will be prompted to take a 15-minute break.

Encourage students to manage their workload

- Common sense media highlights [17 apps to help kids stay focused](#) so they can prioritize their tasks and balance their work and home life.

Parents and community members

To translate any of these resources please use Google Chrome: [How to translate webpages in Google Chrome \(English\)](#)

- [Español \(Spanish\)](#)

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Talking to children about the Coronavirus

Open up a line of communication with children in your family, they are likely to have questions and/or concerns.

- The New York Times Article, [What are Students Saying About Coronavirus?](#), Provides an overview of some of the topics that might be on the minds of students.
- The Child Mind Institute offers some suggestions through a video [Talking to Your Kids About the Coronavirus](#) (closed captions)
- Kids Health has an article [Coronavirus \(COVID-19\): How to Talk to Your Child](#) that is also translated into Spanish: [Coronavirus \(COVID-19\): ¿Cómo hablar con su hijo sobre este virus?](#)
- PBS Kids has listed suggestions for talking to kids about Coronavirus as well as a list of videos, games and activities about hand washing and staying healthy: [How To Talk To Your Kids About Coronavirus](#).
- NPR coronavirus comic for kids
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Mindfulness resources for parents from Common Sense Media

- When everything feels overwhelming, check out [tips for taking in rapidly changing news](#).
- De-stress together with [meditation apps for kids and families](#).
- Get the blood flowing and elevate the mood with these [25 dance games](#) (you might need to buy a special control from Amazon).
- [Apps, websites, and video games](#) that inspire running, jumping, and more to stay active.
- Don't forget to enjoy a [device-free dinner](#) or two.

Keeping the family safe during community gatherings and worship traditions

- The Centers for Disease Control and Prevention (CDC) 's [Interim Guidance for Communities and Faith Leaders](#) offers resources for community leaders.

- The New York Times Article, [Worship in the Age of Coronavirus: Prayer, Elbow Bumps, Hand Sanitizer](#), discusses safe practice for community worship.