

## موارد ومواد للمساعدة في تخفيف القلق والمخاوف بشأن فيروس كورونا COVID-19

فيما يلي عدد من الموارد الرائعة التي من شأنها تبديد المخاوف والقلق يتعلق العديد منها على وجه التحديد بالفيروسات التاجية (فيروسات كورونا) وبعضها عن القلق بشكل عام، كما تشمل القائمة اثنين من مواقع اليقظة الذهنية التي تعتبر مفيدة في مساعدة الأطفال في العثور بعض السلام في هذه الأوقات العصيبة.

الكتب:

### Something Bad Happened: A Kid's Guide to

#### Coping with events in the News

Dawn Huebner

-Ages 6-12. How to process different world events.

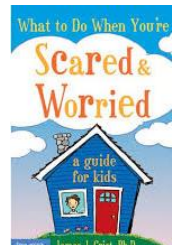


### What To Do When You're Scared & Worried:

#### A Guide for Kids

James J Crist

-Ages 9-13. A help guide to processing fears and worries.

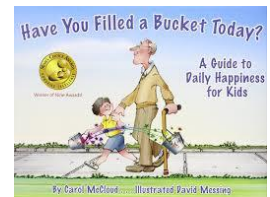


### Have You Filled A Bucket Today?

A guide to Daily Happiness for Kids, Carol

McCloud

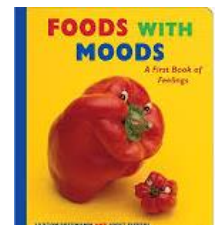
-Encourages positive behavior and expressing kindness and appreciation



### How are you Peeling: Foods with Moods

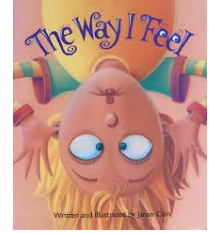
Saxton Freymann & Joost Elffers

-Explores how emotions look through pictures of Foods. A good way to talk about emotions with young kids



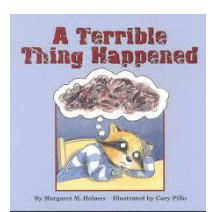
## The Way I Feel, Janan Cain

-Explores Feelings. A good way to talk about emotions with young kids.



## A Terrible Thing Happened, Margaret M Holmes

-Ages 4-8. A story for children who have witnessed violence or trauma



المقالات: (باللغة الإنجليزية)

- [Understanding the Mental Health and Social Impact of the Coronavirus: Finding the Middle Path](#): This is a great article explaining the science behind our reactions to epidemics and practical ways we can find balance.
- [Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators](#) from the National Association of School Psychologists. A
- [Anxiety and world news](#): from [Hey Sigmund](#). This is a great website for parents/carers containing the latest psychological news and research.
- [Managing anxiety age by age](#): also from Hey Sigmund. A guide about what to expect age by age around anxiety, strategies and tips on when to get help.
- [Talking about world trauma with kids](#): another great article from Hey Sigmund!.
- [CoronaVirus Anxiety: 4 Ways to cope with Fear](#) - psych central
- [APS article re coronavirus - APS](#)

بودكاست: (باللغة الإنجليزية)

- [8 Different Podcasts to listen to regarding Anxiety](#)
- [Peace Out](#) - short stories that help kids calm down and relax. We've used this podcast with many of our students, and it appeals particularly to our younger year levels.

- [American Psychological Association: CoronaVirus Anxiety](#) (not as current, American Focus)

مقاطع فيديو: (باللغة الإنجليزية)

- [Brain Pop Video](#)- This is a great clip for kids, explaining the virus and how to stay healthy.
- [Coronavirus WHO](#) (video) from the World Health Organization “What do you know about the novel Coronavirus that is causing a health emergency?”

اليقظة الذهنية للأطفال: (باللغة الإنجليزية)

- [Smiling Mind](#) - Smiling Mind is a great mindfulness app/website for the whole family (Age 7+). Many of our students use Smiling Mind in class as a way to help calm and focus their brains and bodies.
- [Cosmic Kids](#) - Yoga and mindfulness for kids ages 3+. This is a great resource and many kids have experience using it in class.

منظمة الصحة العالمية

- [فيروس كورونا المستجد](#)
- [نصائح للعامة بشأن فيروس كورونا المستجد: تصحيح المفاهيم المغلوطة](#)

مادة مطالعة لطلاب الثانوية: (باللغة الإنجليزية)

Article: [NACAC, ACT, COLLEGE BOARD, AND COMMON APP Join International ACAC Presidents in Encouraging Support for Those Impacted by the Coronavirus Outbreak.](#)

مواد مرئية: (باللغة الإنجليزية)