



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
[COVID-19 Resources | sswaa](#)

<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 • Updates on the Coronavirus NAMI: National Alliance on Mental Illness
<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

	<ul style="list-style-type: none"> ● Best Documentaries for Kids and Families ● 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. ● https://www.pbslearningmedia.org/?fbclid=IwAR2M_wbvqrFBdvYBPIC6PBMLC8oFxC3KaNTuu6bP582-j9HKbtjRzwdi0SE
<p>Supporting Students Mental Health Needs</p>	<ul style="list-style-type: none"> ● Responding to Trauma and Tragedy ● Health Crisis Resources ● Mental Health Support And COVID-19 ● Mental Health and Coping During COVID-19 ● Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbre ● Headspace for Educators ● Educators ● Colorfy.com ● Calm.com ● Change to Chill: Mindfulness & Stress Relief for Teens & Students ● Health Powered Kids ● Traumatic Experiences Sesame Street in Communities
<p>Serving Students with Special Education Plans</p>	<ul style="list-style-type: none"> ● Google Meet ● How to Use Google Meet for Video Calls ● Second Step

	<ul style="list-style-type: none">● <u>COVID-19 Updates</u>● <u>Google Voice Tutorial 2019 - Quick Start</u>● <u>Special Education</u>● Supporting special education with distance learning: https://drive.google.com/file/d/1AzE49tmnMjrYuH1tSlmI5nxx6C66vs-O/view?usp=sharing
Healthy Habits and Self-Care	<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>● <u>NASW: Self-Care during the Coronavirus</u>