



Helping (Secondary) Kids Cope

Engaging videos, helpful tips and timely resources for educators and parents talking with older children and teens about the effects of Covid-19.

8 Tips for Managing Anxiety About Covid-19



It's normal for teens to feel anxious about change and the unknown. Learn how parents and educators can help.



August 2021

Speak Kindly

Say what you mean,
Mean what you say,
Just don't say it in a mean way.



5 Tips to Help Manage Stress in Children



[Click here to view video](#)

This video presents 5 tips to help children experiencing stress care for their psychological and physical well-being.

You Are Not Your Thoughts



[Click here to view video](#)

This video explains some things to try when overwhelmed by thoughts and feelings of anxiety.

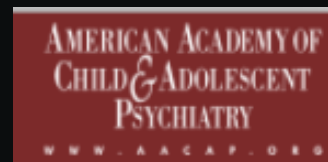
Mental health



This multimedia resource helps teens recognize and support their mental health condition as well as manage their mental well-being.

<https://teens.aboutkidshealth.ca/mentalhealth>

Talking to Children About the Coronavirus



[Click here to view article](#)

Suggestions for holding difficult conversations with children.

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