

# NAMI PARENT RESOURCES

ACTIVITIES, ADVICE, AND TOOLS FOR COPING  
WITH THE EFFECTS OF COVID-19

## CONTENTS

### **PARENTS AND CAREGIVERS**

- Guidance
- Managing Your Mental Health
- Parenting Strategies
- Wellness
- Inspiration

---

### **CHILDREN AND YOUTH**

- Movement
- Mindfulness
- Academics
- Fun!

**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-  
PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCES@NAMIMN.ORG](mailto:PARENT.RESOURCES@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511



# FOR PARENTS AND CAREGIVERS

## GUIDANCE



- Parent/Caregiver Guide
- Talking To Children about Covid-19
- Guide for Supporting Autistic Individuals
- Support for Families
- AuSM's Guide to Self-Quarantine and Social Distancing

---

## MANAGING YOUR MENTAL HEALTH



- Attend an online NAMI Support Group
- 51 Simple Ways to De-Stress and Find Joy at home
- 7 Science-Backed Strategies for Coping with Coronavirus Anxiety
- Tips for Self-Care and Managing Stress
- Coronavirus Anxiety Toolkit

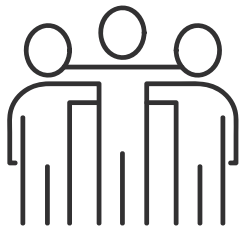
**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCES@NAMIMN.ORG](mailto:PARENT.RESOURCES@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511



# FOR PARENTS AND CAREGIVERS

## PARENTING STRATEGIES



If you or your child is experiencing a mental health crisis you can:

Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**

Crisis Text Line is available for free, 24/7 by texting **MN to 741741**

Call the Crisis team at **\*\*CRISIS or find county resources HERE**

- [School's Out: A Parent's Guide to Meeting the Challenge](#)

- [Free Self-Reg 30 Day Challenge](#)

- [How to De-escalate a Meltdown When You are Triggered](#)

- [Webinar: Crash Course for Keeping your Child with ADHD in "Study Mode"](#)

- [How To Prepare Your Child for Online Learning](#)

- [How To Set Limits](#)

- [How to Help Teens Shelter in Place](#)

- [Parenting Your Challenging Child Podcast](#)

**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCES@NAMIMN.ORG](mailto:PARENT.RESOURCES@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511



# FOR PARENTS AND CAREGIVERS

## WELLNESS



-Virtual Fitness Classes:

- \* Live PiYo, Zumba, Pound
- \* CorePower Yoga On Demand
- \* Gold's Gym

-Wellness Apps

- \* Headspace: Weathering The Storm
- \* Simple Habit
- \* Sanvello
- \* Clear Fear

---

## INSPIRATION/FUN!



-Brene Brown: Collective Vulnerability and Unlocking Us Podcast

-The Met: Theater and Opera

-Seattle Symphony Live Performances

**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCES@NAMIMN.ORG](mailto:PARENT.RESOURCES@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511





# FOR CHILDREN AND YOUTH

## MOVEMENT



-Cosmic Kids (Preschool-Early Elementary).

-GoNoodle (Elementary-Middle School).

-Yoga With Adrienne (Teens).

-PE with Joe (All Ages)

---

## MINDFULNESS



-Daily Mindfulness Activities (All Ages).

-Stop, Breathe, and Think (All Ages).

-Change To Chill (Teens).

-50 Calm-Down Activities (All Ages).

**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCES@NAMIMN.ORG](mailto:PARENT.RESOURCES@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511



# FOR CHILDREN AND YOUTH

## ACADEMICS



For information on the school-related response to COVID-19 visit the Minnesota Department of Education's **website**

-Storyline Online (All Ages)

-Storytime From Space (All Ages)

-Sesame Street Toolkits (Toddler-Preschool)

-Fluency and Fitness (Kindergarten-2nd Grade)

-Scholastic: Learn At Home (Preschool - Grade 9)

-Free Homeschool Printables (Kindergarten - Grade 12)

-Khan Academy (Preschool-Grade 12)

-Code at Home (3rd grade and up)

**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCE@NAMIMN.ORG](mailto:PARENT.RESOURCE@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511



# FOR CHILDREN AND YOUTH

## FUN!



-National Geographic Kids

-Indoor Activities for Kids

-Virtual Field Trips

-Highlights for Kids

-Art For Kids Hub

-Snapology Daily Lego Challenges

-Libby

-Skype a Scientist

-Make Slime

-Draw Everyday with JJK

-Boredom Busters

**NAMI CLASSES: [HTTPS://NAMIMN.ORG/EDUCATION-PUBLIC-AWARENESS/CLASSES/SCHEDULED/](https://namimn.org/education-public-awareness/classes/scheduled/)**

FOR SUPPORT: [PARENT.RESOURCES@NAMIMN.ORG](mailto:PARENT.RESOURCES@NAMIMN.ORG)  
CALL THE WARM LINE AT 651-288-0400 OR TEXT  
"SUPPORT" TO 85511

