

## Resource List from Sadness and Loss During Shelter in Place webinar

- [Responding to Change and Loss](#) workbook by [National Alliance for Grieving Children](#)
- [Coronavirus children's book](#) for children under age 7
- [First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic](#) by Yale Child Study Center & Scholastic Collaborative for Child and Family Resilience
- [Coronavirus Anxiety Workbook](#) for teens and adults by The Wellness Society
- [COVID-19 Time Capsule](#) for kids and adults
- [Dr. David Kessler](#) discussing grief during COVID-19
- [Coping Skills](#) to help kids manage anxiety
- [CNN/Sesame Street Town Hall](#) video clip on grief and loss