



West Central School District Parent Resources: COVID-19

Parental Resources for Children

Elementary:

[Talking to Kids About the Coronavirus](#)

[PBS Kids: How to Talk to Your Kids About Coronavirus](#)

[Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic](#)

[Children and Worry](#)

[Motivating Kids](#)

Other Resources

Financial Resources:

[Food/Basic Needs Information](#)

[Financial Assistance Opportunities](#)

[Need Help Paying Bills](#)

[Temporary Shelter/Housing](#)

[Department of Labor Re-Employment Assistance](#)

Middle School:

[Stress and Anxiety Management](#)

[Anxiety and Depression in Teens](#)

[Mindfulness for Teens](#)

[Healthy Daily Habits](#)

Mental Health Resources:

[NAMI Student Mental Health Kit](#)

[COVID-19 and Your Mental Health](#)

[Mental Health Assistance](#)

[Mental Health and COVID-19 Digital Toolkit](#)

[Substance Abuse and Mental Health: COVID-19](#)

[Help Your Family De-Stress](#)

High School:

[Stress and Anxiety Management](#)

[ACT Free Digital Learning Resources](#)

[Self-Care Strategies for Resilience](#)

[Navigating Change](#)

Other:

[Hartford Food Pantries](#)

[SD Department of Health Information](#)

[Home-Schooling Tips](#)

[Printable Mask Design](#)

[Healthy Tech Use and Internet Safety](#)