



## A List of Hopefully Helpful Resources for Thriving During COVID-19

### Stress:

- *Gratitude* is a socially desirable trait. Children and adolescents need to develop this positive virtue over time. We're not born with it. As parents or caregivers, we're at the forefront of helping our daughters and sons foster an appreciation and it starts with simple steps.

Geek out here: see article for a perspective of how children learn gratitude.

<http://cde.web.unc.edu/files/2016/12/HUssong.pdf>

Share a video about gratitude with your family here:

[https://greatergood.berkeley.edu/article/item/seven\\_ways\\_to\\_foster\\_gratitude\\_in\\_kids](https://greatergood.berkeley.edu/article/item/seven_ways_to_foster_gratitude_in_kids)

### Health:

- *Sleep* is a non-negotiable to sustained well-being. The opportunity for disruptions in our sleep schedule is relevant during this unprecedented time. Parents, it's worth your awareness.

Geek out here: read up on the adverse effects of inadequate sleep.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3100528/pdf/nihms-283201.pdf>

Watch Sleep is Your Superpower from TED here:

[https://www.ted.com/talks/matt\\_walker\\_sleep\\_is\\_your\\_superpower?language=en](https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en)

### Online-Education Resources:

- *Khan Academy* is the benchmark of excellence in online education. While you and your family are home consider investigating this online platform to augment your daughters and sons education.

Get in touch with Khan School Closures Daily Agenda here:

[https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpgDkVAJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh\\_-P-WmksHAzbsrk9d/pub?urp=gmail\\_link](https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpgDkVAJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub?urp=gmail_link)

Bonus: How to explain COVID-19 to your daughters and sons video here.

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

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