

## Handout Links for Social Emotional Support of Children During Challenging Times

- **Traumatic Experiences – Sesame Street**  
<https://sesamestreetincommunities.org/topics/traumatic-experiences/>
- **Supporting Young Children after Crisis Events – NAEYC**  
<https://www.naeyc.org/resources/pubs/yc/jul2020/supporting-young-children-after-crisis-events>
- **Helping Children Rebound: Strategies for Infant & Toddler Teachers – Teaching Strategies**  
<https://www.yumpu.com/en/document/view/25838472/strategies-for-infant-toddler-teachers-after-the-2005-hurricanes>
- **Helping Children Rebound: Strategies for Preschool Teachers – Teaching Strategies**  
<https://www.yumpu.com/en/document/view/22920921/helping-children-rebound-teaching-strategies-online>
- **Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic – Child Trends**  
<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- **3 fun mindfulness exercises for kids - Aetna**  
<https://www.aetna.com/health-guide/how-to-introduce-mindfulness-to-kids-3-fun-exercises.html>