



COVID-19 Children's Resources

EMOTIONAL HEALTH RESOURCES

- 01 ***World Health Organization:***
[Helping Children Cope with Stress](#)
- 02 ***The National Child Traumatic Stress Network:***
[Supporting Children During Coronavirus](#)
- 03 ***The National Child Traumatic Stress Network:***
[Helping Children Cope with the COVID-19 Pandemic](#)
- 04 ***Save The Children:***
[Six Relaxation Activities That Can Help Calm Kids](#)
- 05 ***Child Trends:***
[Resources to Support Children's Emotional Well-Being During the Pandemic](#)

PHYSICAL HEALTH RESOURCES

- 06 ***Healthiest State Initiative:***
[10 Ways to Keep Your Kids Moving](#)



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FREE FOOD FOR KIDS

07 ***Buncombe County Schools:***
[Summer Meals](#)

SUMMER OUTDOOR ACTIVITIES FOR KIDS

08 ***EcoExplore Program***
[EcoExplore Program](#)

SUMMER ACTIVITIES FOR KIDS

09 ***Buncombe County Library:***
[Listen to Story Times Online](#)

10 ***Smithsonian Museum:***
[Virtual Museum Tour](#)

11 ***Explore.org***
[Nature Livecams](#)

12 ***Childlife.org***
[Family Guidebook](#)

13 ***Childlife.org***
[Covid-19 Coloring Book Page](#)



COVID-19 Children's Resources

- 14 ***Childlife.org***
Resources for Children and Teens

COVID-19 BUNCOMBE COUNTY INFORMATION

- 15 ***Buncombe Partnership for Children:***
COVID-19 Resources