

Back to School: The New 3 R's for 2020

Resources

General:

- Coping with COVID for Orthodox Christians (infographic):
<http://www.assemblyofbishops.org/assets/files/covid19/Coping%20with%20covid-19%20for%20orthodox%20christians-14.pdf>
- Assembly of Bishops COVID19 Resource Center:
<http://www.assemblyofbishops.org/covid19>
- “Finding Calm During Anxious Times” :
<https://www.youtube.com/watch?v=GU-xJBK6atI&t=112s>
- What’s Different about the Way We Cope as Christians?:
<https://myocn.net/lets-talk-live-whats-different-about-the-way-we-cope-as-christians/>
- Ready, Set, Pivot: Preparing for an Unfamiliar School Year:
<https://www.youtube.com/watch?v=PscfjP065uU&t=2134s>
- Talking to Kids about COVID19 (National Association of School Psychologists)
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- Miniseries on mental health produced by the Orthodox Task Force on Mental Health:
<https://www.youtube.com/playlist?list=PL9K25Y6XfAHOSul477XN89848X7t28HGO>
- Watch for the National Directory of Orthodox Mental Health Providers launching fall 2020: www.assemblyofbishops.org and www.ocampr.org

For Relationship, Reboot & Rejuvenate:

- The Relationship Project (Excellent Orthodox curriculum for youth groups)
<https://www.faithtree.org/the-relationship-project>
- How to Hold a Family Meeting:
<https://www.psychologytoday.com/us/blog/emotional-fitness/201209/10-tips-holding-family-meeting>
- Tweens, Teens, Tech, and Mental Health: Coming of Age in an Increasingly Digital, Uncertain, and Unequal World 2020:
<https://www.commonsemmedia.org/research/tweens-teens-tech-and-mental-health>
- Apps and Digital health resources reviewed by experts:
<https://onemindpsyberguide.org/>
- Commonsensemedia.com
- Faithandsafety.com
- Screenagers.com (sign up here for weekly advice on managing screens)
- Securly.com (parent control for Chromebooks)
- Breathing exercises: Calm and Headspace apps
- Back to School 2020 (funny): <https://www.youtube.com/watch?v=scIDv-oVJlo>
- “Can’t Touch This” Parody by School Principal (funny):
<https://www.youtube.com/watch?v=oeAN8Xxz0q4>