



**Resiliency Books & Websites for Parents
To Use During the COVID-19 Pandemic**

Useful Books You May Find in a Library

The Gift of Failure by Jessica Lahey

The Blessings of a Skinned Knee by Wendy Mogel

Hey Warrior – explains the brain reaction to trauma

Great Books on Physical Distancing (elementary school aged)

Billy and the Brilliant Bubble

Lucy's Mask

Instead of Bear Hugs, Air Hugs

Blogs and Podcasts

NPR Parent Life Kit Podcast

Hey Sigmund – Blog