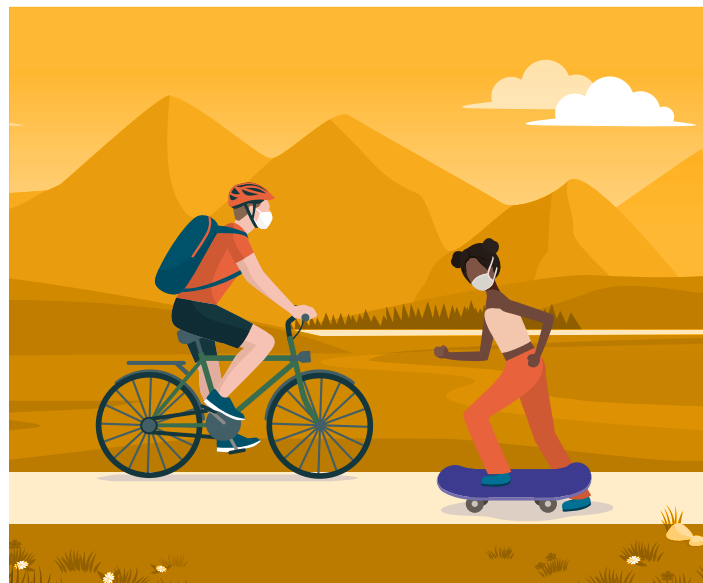
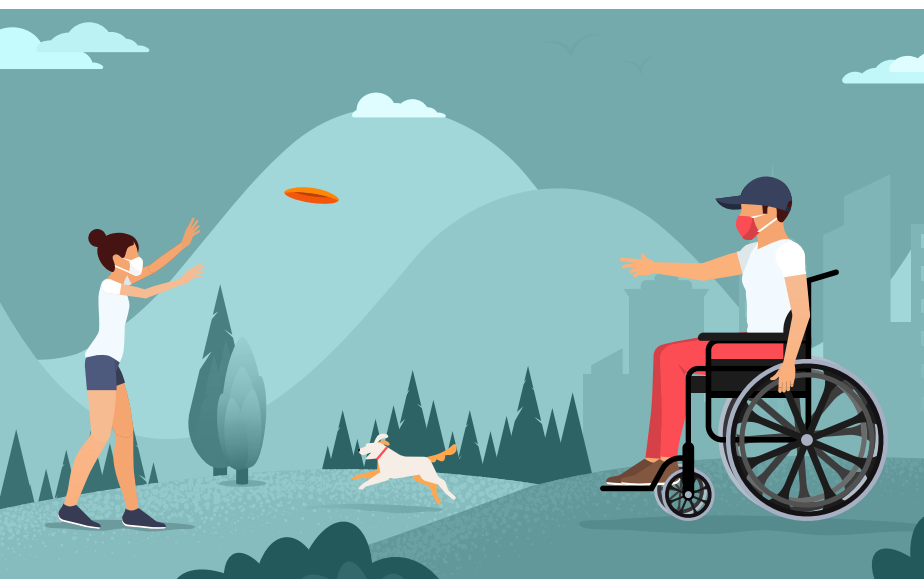


Teachers: Encourage your students to care for themselves one small way each day

Remind students to find creative ways to spend time safely with friends



Encourage your students to be active and do things they enjoy each day

Create ways for students to write or talk about the way they feel about current events



Talk with students about, healthy eating, sleep, and exercise

If you see a student struggling to cope, ask if they need help



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus