

# Tips and Strategies to Support Children With Stress and Anxiety

As we end a most unusual school year, we recognize that managing big feelings and worries might continue for our families. Please find some resources below to help manage stress and cope with some of the challenges your family may be experiencing.

[Coping Strategies by Age & Duration](#)

[Calming Anxiety for Children](#)

[Coping Skills for Children of All Ages](#)

For additional resources in the River Forest and Oak Park area, please see the links below:

[River Forest Township Resource/General Assistance Guide](#)

[Community Resources For Your Family in Oak Park](#)

[Pandemic EBT \(P-EBT\) Snap Benefits](#)

## Fun and educational online resources:

River Forest Public Library

Oak Park Public Library

National Geographic for Kids

Top 10 Virtual Museum Tours

Bill Nye the Science Guy

Free Online Games for Kids by Commonsense Media

Khan Academy for Kids age 2-7

Khan Academy Imagineering

BrainPop

Cosmic Kids Yoga