

Children across the country are dealing with significant changes to life as they know it. The disappointments they are facing from cancelled events, changes in routine, and loss of time with friends and family is likely bringing up some strong emotions. Although difficult experiences, these disappointments present an opportunity for kids to better understand their emotions, to feel validated and empowered, and to build resiliency. Below are a couple of links to articles with more information.

[Handling Your Kid's Disappointment When Everything Is Cancelled](#)

[How to Talk to Kids About Coronavirus Cancellations](#)