**Social-Emotional Learning Resources**

**Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

**Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

**Ultimate Guide to Mental Health and Education Resources for Kids and Teens**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

**Help Your Family De-Stress During Coronavirus Uncertainty**

<https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

**Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com/meditate>

**Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

**Interactive Tool for Job Seekers and Students to Learn More About Their Career Options**

<https://www.mynextmove.org/>

**Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

**Mindfulness Websites/Activities**

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

**Giant List of Ideas for Being Home with Kids**

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

**Character Lessons During the Virus School Closure**

<https://cardinalrulepress.lpages.co/sunny-side-upbringing-home-school-program/?fbclid=IwAR342r_oWkh4vYKSJVuzMjpnCmo7pNhhRK52IVXt_YmF673teM-yZiIyk-M>

**Supporting your Children’s Social, Emotional, and Mental Health During the COVID-19 Pandemic**

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=IwAR06lgI5U3ea2sRtlGBKpEVHcLB9LDsDCkoujJKUSecpAZfW2e2AcOYt3Kk>



**Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

**Coping Skills Resources**

<https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html>

**10 Days of Live ‘Choose Love’ Lessons For Parents and Children**

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

**Kindness Videos**

<https://www.randomactsofkindness.org/kindness-videos>

